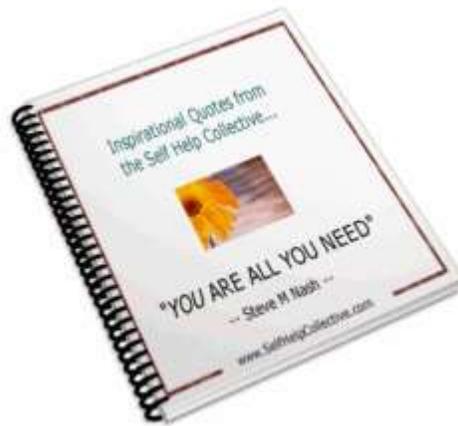


“YOU Are All You Need!”

An **inspirational quotes ebook** by the editor
of SelfHelpCollective.com – Steve M Nash © 2009-2015



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INTRODUCTION

Welcome! I’m so glad that you’re reading this ebook, that you’re [a subscriber of my newsletter](#) that aims to inspire you to BE your greatest self! It’s great that we’re doing this part of your journey (and mine) together – man to man (or man to woman).

I hope to show you in this ebook – with the aid of inspirational quotes and words of wisdom – that **within you right now lies all the confidence**, fearlessness, strength ,etc. **that you’re ever going to need** to live a great life!

Yes, I want to point to it, to see if you can see your strength (for example) for yourself. It’s there, you see, and it always has been. You just think you have to do something to be strong, but that’s not true, it really isn’t. You really are ALL you need. And I hope you’ll agree with me, once you’ve finished reading this ebook.

There will be short sections on the following topics:

YOU, Strength, ‘Darkness’,
Forgiveness, and Success.

(I could have chosen other topics – e.g. courage, acceptance, fearlessness, etc. – but whatever qualities I talk about, you have them, you really do! And if you doubt me then please keep reading, please do...)

So. Life. What’s it all about, then? Well, there are lots of things I could tell you that life’s about, but I’ll share with you what I think is the most important thing for ALL of us living (this short life that we get to live) to do:

“Express Yourself”

Enjoy... ☺

1. YOU

How can you be happy if you're not being true to yourself at the same time? How can you be successful if you're living life through the eyes, or values, of another? How can you be fully enjoying life, if you're NOT fully expressing yourself?

Tch, what's wrong with you, eh! ☺

Actually, the question you should be asking yourself is this one: **what's *right* with me?**

It really is **better to accentuate the positive** – focus on what feels good – just as it's equally essential, if not more so, to love yourself too. Yes, it's love (not money) that makes the world go around. And, whilst it's important that you love your partner, and you love your friends and family and you even love your neighbour, it's much, much more important that you love yourself.

Quote #1

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

– Buddha

You are unique after all. And the more you love yourself, the more you are able to give of your best, to express yourself, and the more you allow others to love you too. (And when a person feels free to love you, you feel a lot freer to love them back!)

Ultimately, though, when you can love yourself unconditionally, you can love others unconditionally too.

1. YOU (continued)

Remember, you know more today than you did yesterday. You are one day wiser. And, tomorrow, you will make this same progress in life. Isn't that great to know?

Quote #2

"Whoever you are, there is some younger person who thinks you are perfect. There is some work that will never be done if you don't do it. There is someone who would miss you if you were gone. There is a place that you alone can fill."

– Jacob M. Braude

And – *thank you, Jacob!* – you will have also taken another step forward in your life-path. A path that will have much more purpose and potential if you truly believe in yourself. And all it takes is for you to take one step at a time. One step today, another step tomorrow, and so on.

Quote #3

"You have to trust in something – your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life."

– Steve Jobs

But it must be *your* path – as I'm sure Mr. Jobs would agree – and *your* goals.

And you must not be deflected from what you are trying to achieve in life, no matter how ridiculous it may sound to someone else. Let them live their life by their rules and their hopes, whilst you should live by yours.

1. YOU (continued)

Saying 'I can' allows you to be (and trust) yourself; enables you to be the best person that you can be. Sometimes, though, your best can intimidate or annoy someone else's worst. Ignore them. You only have one life, remember, and the clock is ticking. Tick-tock, tick-tock, it's ticking...

Quote #4

*"Be who you are and say what you feel because those who mind
don't matter and those who matter don't mind."*

– Dr. Seuss

Happiness awaits us all, I'm sure of it, just as soon as we stop pursuing it, and start to recognise that happiness is already within our reach, waiting for us to allow it into our lives. Happiness awaits. Happiness is what we experience when we express ourselves!

Quote #5

*"The summit of happiness is reached when
a person is ready to be what he is."*

– Erasmus

Happiness is simply accepting ALL that you are, and recognising what you have achieved in life and what you can still achieve; it is about accepting the moment, as it comes to you, moment by moment by moment.

Happiness is, and always will be, about the moment; it cannot be pursued.

2. STRENGTH

Mohandas K. Gandhi, advocate of non-violent social protest in the early 20th century, is much more likely to be known as Mahatma Gandhi these days. Famous throughout the world, in death as in life, Gandhi can teach us much about ourselves.

Much of achieving anything significant in life reduces to being strong in yourself and in what you believe; and in being strong enough to face your weaknesses, and to do something about those weaknesses...

Quote #6

“Whenever you are confronted with an opponent.

Conquer him with love.”

– Mahatma Gandhi

Think of an opponent. What does he look like? Why is she an opponent? What values do they have that you oppose, or that oppose yours?

- Would hate help your cause? Would vengeance help your cause? Or how about anger?
- How about love? How about listening, and trying to understand? Or how about agreeing to disagree?

You can't do this, you say, it would be wrong! Well, what if I told you that **the greatest opponent you will EVER face in your life**, *ever*, is actually the doubting **voice inside your head** – YOUR inner critic. How about love, listening and trying to understand now?

Do you think that might help you accept yourself more – both your strengths and your weaknesses? And do you think that self-acceptance is not a HUGE part of inner strength?

2. STRENGTH (continued)

I think that when you conquer your 'inner opponent' with love like this, you WILL be a stronger man (or stronger woman), no doubt....

Quote #7

*"Nobody can hurt me
without my permission."*

– Mahatma Gandhi

... And when you are strong, as I've explained above, and able to love both your light and dark side, then the 'cruel words' of another will have much less 'bite'. They will, instead, sound like the words of a troubled, unhappy individual trying to hurt you because they themselves feel hurt. They **transmit their pain to you**, rather than doing the **much harder work of transforming it** (by accepting who they are, by accepting what is happening, by understanding that their pain is not real).

Don't believe me? Well what if I made up a ridiculous statement about you; told you that you were, in fact a feeble-minded idiot of the highest order for not believing what I say? If I were being serious, then can't you see that such an insult says MUCH MORE about me than it does about you (who I know anything about)?

Can you see how these words can only insult you IF you believe them to be true – and that is the 'permission' Gandhi speaks of. And understanding this brings strength!

There is no need to feel insulted. Ever. Either something is true, and you should correct (or accept) it, or it is untrue and you could ignore it.

3. ‘DARKNESS’

Helen Keller was a remarkable woman. The first deafblind woman to earn a BA degree, Keller became author, political activist and more. My first ‘experience’ of this woman was via her inspirational quotes – words that usually moved me, helped me understand how beautiful, how truly powerful we all are. But I never realised this woman was both deaf and blind until a long time afterwards.

And maybe that's why Helen Keller's words make excellent companions for a discussion about facing the dark side of yourself – the part of self you hide away from (the shadow). She must have felt darkness all around her, both metaphorically ("why me?") and literally.

So I thank Helen Keller right here and right now for her determination to face her seeming limitations and show the world around us that we can also do the same...

Quote #8

*“Self-pity is our worst enemy and if we yield to it,
we can never do anything wise in this world.”*

– Helen Keller

So let's start at the beginning when it comes to facing our demons, our ‘lack’. **Let's start with denial**, because none of us wants to admit that the pain that we feel in being:

- less attractive than someone else, or
- less funny than someone else, or
- less capable, less socially aware, less fun to be with than someone else...

is all about **how we face our own 'lack'**, or ‘dark side’.

3. 'DARKNESS' (continued)

So, do we embrace who we truly are – the good, the bad and the ugly – or do we only try to show the good? Usually, self-pity kicks in, and there isn't a choice after that. "Oh woe is me!" is all that can be heard:

- No choice to change who we are.
- No choice to accept how we feel about ourselves.
- No choice to just be with our feelings, to watch them swirl around us.

No, when we mire ourselves in self-pity – and, believe me, I could have been an Olympic champion in this 'sport' over the years – then we stop ourselves from growing, from doing what needs to be done.

Self-pity feels good, like junk food tastes good – it's a quick 'hit' of low-quality fuel for the soul! Don't go there.

To face our dark side, we must first admit to its existence.

We must hold ourselves steady, as we approach this 'misunderstood monster' that scares us so. And we must definitely resist the urge to flee the scene (soaked in self-pity as we'd inevitably be).

When we can be courageous enough to look at ourselves – all that is there – squarely in the eye, then that is the time when our wisdom grows, and we grow....

3. 'DARKNESS' (continued)

Quote #9

*"Everything has its wonders, even darkness and silence, and I learn,
whatever state I may be in, therein to be content."*

– Helen Keller

The dark side I talk of is also known as the 'shadow'. It is the character that lurks beneath us all, hidden from direct gaze but always informing our behaviour one way or another. If we are quick to anger, then that is our shadow showing us our fears.

If we are quick to criticise, then that is our darkness showing us what qualities we lack, or even what qualities we possess that we do not fully express.

If we feel unsettled, for no reason, then this is our wisdom trying to be heard.

For we are both dark and light, and both of these states have a right to co-exist inside of us. This is no recipe for the cleansing of 'evil', but for acceptance of who we truly are. And when we can accept our own ugly 'states', then we can accept those of others.

And Helen Keller's words sum up this process quite beautifully, I feel. The darkness inside us is wonderful, as too is our lightness. And we can learn (and grow) from whatever state it is that we find ourselves in...

Yes, your feelings are trying to tell you something. Listen to them wisely, I say, rather than trying to hide those feelings you'd rather not experience.

4. FORGIVENESS

What is forgiveness? Seriously, what are we all taking about when we talk about forgiving others and forgiving ourselves? Think about it, for a moment... And, now, I'll let the following 2 inspirational quotes help you explore this important concept.

For once we understand the nature of what forgiveness is, what it can be used for, then I'm sure we can all start to make our lives 'MORE', to help us release ourselves from painful thoughts and fearful limits. Maybe?...

Quote #10

“True forgiveness is not an action after the fact, it is an attitude with which you enter each moment.”

– David Ridge

Hmm, well this forgiveness quote by David Ridge certainly does not speak of forgiving past transgressions (either committed by yourself or some other).

And whilst I have a fairly clear understanding of this definition of forgiveness – accepting the 'wrong' (but not forgetting), but also releasing yourself from the event's hold over you (and thus the one that forgives is the one that benefits) – I also have a sense that forgiveness is so much more than this.

So what is forgiveness? Well, it's a bit like love – impossible to define.

What David Ridge speaks of, though, seems to be about a state of active being, a state of meeting each moment with love rather than fear and pain. It is 'presence in action', if you will – a kind of acknowledgement of a past moment, whilst honouring the present moment in its fullest.

4. FORGIVENESS (continued)

Ultimately, David seems to be encouraging us to understand the truth that, well, "it didn't happen" – the past moment to be forgiven; that the past does not exist.

This is my understanding of what this forgiveness quote is saying. Powerful stuff, especially if the loss of a loved one (and the pain of that loss) is constantly reminding you that IT DID HAPPEN, and IT STILL HURTS!

But imagine if you could enter into each moment with such presence of mind, presence of moment – so that the only concerns you had were present concerns. What would need to be forgiven?

But maybe this type of forgiveness is some impossible ideal that you believe you can never achieve. Well...

Quote #11

"You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well."

– Lewis B. Smedes

Well I think this type of forgiveness – a hard, but not 'impossible', state to achieve – may be of more interest to you, then. The kind of forgiveness you know you've achieved.

So you think of the transgressor – and, let's remind ourselves, that WE could be the transgressors, WE may be the ones in need of our own self-forgiveness here – and you still respond with anger and resentment and other ill feelings, OR... Or, you are able to bless this person with all your best wishes, and move on. And in blessing this person, you bless yourself, naturally.

4. FORGIVENESS (continued)

This form of forgiveness IS empowering. This form of forgiveness is about transforming the event, and your responses to the event, rather than willingly (or otherwise) transmitting it on to some other undeserving soul.

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Bad stuff happens in life. This is how life goes. Either we don't know any better, or we have an 'off day' and behave less than we know we can. And thus we do unto others what we most certainly would not want others to do unto us.

We all do this – create situations that require the forgiveness of others. This is not a one-way gig ("I've forgiven him, I've forgiven her, but nobody has ever forgiven me") – 'bad stuff' is something we ALL perpetuate on other people now and again (knowingly or otherwise).

So this ability to forgive – to embrace the moment, as new, or to be able to wish well those that 'sinned' against us – is a vital part of life too.

Bad stuff happens. Bad stuff gets forgiven. Everyone grows.

5. SUCCESS

Is it me, or are all those "rah, rah, rah!" inspirational sports quotes sometimes too much about winning and not enough about taking part? (We are ALL winners after all, just because we take part in the great adventure that is life.)

There is no doubt, though – and maybe it's because of the winning and the not losing – that sport IS character building; it really can show us all how to put our best foot forward. And the sport of basketball is no exception to this.

In fact, **the inspirational basketball quotes I'm about to list** provide us all with guidance, and inspiration, to succeed; in being the best that we can humanly be....

Quote #12

*"What to do with a mistake – recognize it,
admit it, learn from it, forget it."*

– Dean Smith

How about that for a basketball quotation that is about so much more than basketball!

So imagine what your life would be like if you were a) able to recognise your mistake (not easy, admittedly) and then b) admit your mistake (and, honestly, when did you last admit to making a mistake?).

Imagine if you then followed up those two steps by learning from your mistake and then – most importantly of all – by forgetting you made that mistake.

Are you imagining?...

5. SUCCESS (continued)

...Because if you are, I hope you're imagining a truly powerful inspiring person, right now: a person that attempts to do so much more in their life, now that they are unafraid to make mistakes but admit to making them when they do so.

And the person you are imagining yourself to be now... well, imagine how great it would be if this person inspired those close to them to be the same; imagine how great you and your friends would all feel.

Imagine how true this Michael Jordan inspirational quotation would sound like, then.....

Quote #13

*“Limits, like fears,
are often just an illusion.”*

– Michael Jordan

Yes, quite often it seems we imagine things that hold us back – like fear, and the consequences of our fear – and not the things that unleash the giant within (so to speak).

Quote #14

*“Only those who dare to fail greatly
can ever achieve greatly.”*

– Author Unknown

Ah, this is one of those quotes that everybody would nod in agreement with, and most would do nothing about. (And I'm talking about ME as well as YOU, now!)

5. SUCCESS (continued)

The truth is, failure is how we learn, how we grow. But we are not failure – failure is just an event in our lives that happened differently to our desire and expectation at the time. And it is in our imagination – our imagining that we will learn from what's happened and that we will find a way – where our salvation comes from.

Yes, imagination is so important when it comes to our own success and happiness in life. As you can see, clearly, from one of Coach K's inspirational team quotes...

Quote #15

“I always won in my imagination. I always hit the game-winning shot, or I hit the free throw. Or if I missed, there was a lane violation, and I was given another one.”

– Coach K (Mike Kryzewski)

It's not difficult to imagine, is it, just how powerful this type of thinking can be in the game of basketball. Nor is it difficult to imagine how powerful it would be in the game of life, too. So much better than imagining 'getting it wrong' all the time, that's for sure.

‘EPILOGUE’

Okay, that’s the end of this ebook.

You’ll put it down now, metaphorically speaking as you’re reading it electronically no doubt, and you’ll forget what’s been written here! And such is life, such is the world of information overwhelm that we live in. Onwards, upwards, to YouTube or Facebook or maybe even a spot of work!

Well, as I still have your attention, I want you to summarise what I’ve written in this ebook, and **share with you a few powerful ‘truths’** that I’ve only recently discovered for myself. Let’s start with those truths, shall we:

1. **No-one is out to ‘get you’**. If someone is being ‘hostile’ to you, it’s because it’s all they know to do – believe it or not! – to alleviate their own unhappiness...
2. **Everyone** (and I mean everyone) **is doing their best**. And this doesn’t excuse poor behavior, but it explains it – when we act ‘badly’ like this, we either don’t know any better, or we’re simply having a bad day. That’s all.
3. **‘Beauty is in the eye the beholder’** isn’t just a trite expression that explains how some people find Brad Pitt/Angelina Jolie sexy whilst others definitely don’t. This expression is more important than that: it means, everything you experience in life – highs/lows, beauty/ ugliness, etc. – is in the eye of the beholder.

Think about 1, 2 and 3 above, even for a moment, and I’m sure you’ll start to see the transformational potential of understanding and embodying these ‘truths’ in your life.

You truly are an amazing human being, with so much potential for greatness, love and fun. Thanks for reading...

ABOUT THE AUTHOR

[Steve M Nash](#) believes that you are your own self help guru. Yes, it’s important to learn from others but you must teach yourself – trust in your inner wisdom, be your own guide!



And that's precisely why Steve created [SelfHelpCollective.com](#) in 2008, and his transformative coaching website, [SMNash.com](#), in 2013 – to let you help yourself, AND help others too.

Personal growth – and, ultimately, achieving a happy, fulfilled & positive life – really does start and end with YOU! And that’s why Steve thinks **this final page** of this ebook **is the most important**: because Steve challenges YOU to take action...

BONUS CHALLENGES:

1. [Find out about transformative coaching](#)
2. [Watch Steve’s NEW WeeklyWonder video series](#)

...STEVE’S 3 CHALLENGES (TO YOU):

1. **Ask yourself** this question, “How can I be ALL I NEED today?” Re-read this ebook – *do it now, please* – to see what ideas you come up with.
2. **Reprogram yourself!** Sometimes change is simply a matter of positive thought replacing negative. [You can reprogram yourself using self-hypnosis.](#)
3. **Challenge yourself!** Could you build your own successful website based on your passions and interests? Why not? [Challenge yourself to see if it’s even possible...](#)