



The
HAPPY
YOU
YEAR

Book of Quotes

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“My hope is that these quotes inspire you to the greatness of doing very great things”

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All of the quotes contained in this work are my original sayings and have already been published on my social media platforms. I have structured this book of quotes so that you have exactly 52 sayings for 52 weeks of power words and affirmations spoken into your life. May they encourage, inspire, and empower you to purpose and to be a better person! Take each week’s quote and use it as a daily affirmation and/or reminder.

Here’s to a
HAPPY YOU YEAR!

Quick Life Lesson Checklist

1. Love yourself and get your self esteem in check so you don't waste your life
2. Love others and rejoice for them so you don't ever have to live a lie
3. Take care of those who show up, show out and show and prove who you are to them and let the others pass you by in the wind bc it is all hot air
4. Don't get all ruffled over what you cannot change and instead focus on what should be and stay in that vibe
5. True warriors don't start wars, they are prepared to win any started with them
6. Those interested in having a loving long term relationship will never show you their game cards or clown suits. So if you witness either keep it moving you/they aren't the one
7. Forgiveness is the gift your ego robs your higher self from as it convinces you of the lie that your grudge can stop another person's show
8. Check religious control, dogma, traditions and shortcomings at the door and then you will know what it truly means to be free
9. When you've got your mind on your money and your money on your mind you are corrupting the harvest you would have had bc you stunt the growth of creativity and flow of universal abundance with your thirsty
10. Be the best you bc there is only one you and when it is all said and done you were created to live your experience not kill the joy of it to live in the current of others.



Week 1

“20— is about transformation, execution, and manifestation. That "Best is yet to come" often looked forward to is **HERE** and it is time to divorce distraction, distress, distrust, and lack of discipline in 20— and leave it where it belongs.... as part of your past with **NO** future visitation rights.”

Week 2

"Make sure you love everything about yourself and who you are and what you have to offer bc if not, you can let someone else's small mindedness and low thoughts of themselves be projected onto you, messing with your head and stuff. Nope you silence those little lambs that try to get into your ear and space.... at home, at work, in relationships, when it is about your money, all of it."

Week 3

"The bigger you dream, the more colors you have to work with for your masterpiece called **LIFE**.”

Week 4

"There is always a way out. Sometimes you just have to step out of yourself (your feelings) to see the bigger picture. Usually when you make any situation that you face **NOT** about you, the solution appears."

Week 5

"There is no better Compass to gain your sense of direction from, than the one that exists within YOUR spirit. The skill is not necessarily following its direction and course, the skill is more in not being distracted from the things around that become part of the scenery as you are set upon your journey."

Week 6

"The time for your greatness is now so don't wait for it to one day happen... go chase that thing like you have been looking for it all your life."

Week 7

"Most of the time all you need to get purpose driven and destiny jump started is to jump in with both feet and without thinking. Don't worry about a safe landing, you usually begin to soar from there."

Week 8

"In life you are going to have many people who may fall short, don't get you, honor who you have been to them and are not really your friends.... NONE of that matters as long as their behavior towards you does not become the behavior you adopt towards yourself."

Week 9

"Once people stop being scared to be themselves, they will stop punishing others who have found the freedom to do so."

Week 10

"If you want EVERYTHING in your life to change, change EVERY part about how you THINK, FEEL, SPEAK, and EXECUTE."

Week 11

"To me, accomplishments are the mere instruments used to change the lives of others. I used to say I was working hard for my family. Then I realized my desire was to build an empire for humanity. ... my business and purpose exploded and that is when MY SHIFT in life and business happened."

Week 12

"Whatever you do PLEASE make sure that when you look back, you can do so with breathing easy (not heavy), with a smile (not frown), and with love in your heart (not regret)... Oh, did you think I meant at the end of your life???? No, I'm talking about at the END OF EACH AND EVERY DAY!!!!"

Week 13

"Tough love is the hardest love language of them all, but one you must learn to be fluent in."

Week 14

"For some strange reason people believe that looking back on great childhoods is a one-time thing. There is such a thing as looking back on great young-adulthoods, great adulthoods, great 30 years, great 40 years, etc etc. **MAKE THE MOST OF YOUR LIFE.** Do not allow the responsibilities of life infiltrate your enthusiasm to live it to the fullest."

Week 15

"Those who have never really lived don't really know they haven't done so until life suddenly becomes altogether wonderful. Those who think they have loved don't realize they haven't even scratched the surface of what love is until they meet the person who shows them countless times daily what true love looks and feels like. Today, dare to push your limits outside of your current reality and **LIVE** a wonderful life and **LOVE** like there is no tomorrow."



Week 16

"Sometimes people are so discouraged when all hell is breaking loose and things seem to be falling part at the seams and going haywire, that they don't realize those are most often times the

signs that something great is about to happen. Keep pushing thru and don't give up. Don't quit!"

Week 17

"Don't kill yourself over people (or children) or a job/career, who will get along just fine and live without you."

Week 18

"Make sure you know the rules of the game you intend to play."

Week 19

"Sometimes break-ups is the Universe putting the BRAKES on what we are up to bc there is someone better we are and were supposed to be with all along."

Week 20

"Always take a moment to consider what others are going thru before jumping to conclusions."

Week 21

"The issue is people don't realize their own power and THAT is why they do not have proof of concept of their collective."

Week 22

"TODAY is the day you get to do it differently and make it better."

Week 23

"Sometimes you are put in an uncomfortable situation so that you will get into the posture of the situation you were meant to be in all along."

Week 24

"What sense does it make to long for things to change in your life when you keep the same company and habits?"

Week 25

"Always remember that in the darkest times, LOVE is the LIGHT that will bring you out, even if you have to get it from yourself because no one else is around. Going within deeper than your darkness, will always be like drilling for oil. Once you strike, it flows and flows and flows."

Week 26

"When you LOVE it, you LIKE it, you LOOK it, and you LIVE it. When you KNOW it, you FEEL it, you BREATHE it, you LIVE it... got it. To HAVE IT, you must BE ALL ABOUT IT!"

Week 27

"Many people don't know what they want. Knowing what you want and wanting it is all you need to get it. Some know and some still don't know that yet."

Week 28

"Nothing means anything if it isn't something to those who are everything to you."

Week 29

"And then the day shall come when you will look around at all you are able to see, reflect upon all you are able to think about, take stock in all whom you have surrounded yourself with and think to yourself **WAS IT WORTH IT? DID I DO WELL?** ... make every **TODAY** decision with the mindset of planning to say a loud **YES** to the aforementioned."

Week 30

"You can't play and win **CHESS** when you only know the game of and how to play checkers."

Week 31

"Sometimes **THE WHY** isn't revealed until you can look upon what happened with un-emotional eyes."

Week 32

When confused, in doubt, restless, unsure, or undecided just step away from all the voices into a place of silence. That is where the solution can meet you 1 on 1.

Week 33

"If something doesn't seem right, rock with your intuition. That is the best GPS in a tight decision situation."

Week 34

"Your reality is what you CONCEIVE it to be, not perceive it to be."

Week 35

"Never second guess what life has given you nor whom has been placed in your life."

Week 36

"The blood, sweat and tears thru faith are REAL. No one could ever really relate or understand your sacrifice unless they have had the same struggles. Sometimes in life you have to just cut ties that bind you to people who can't relate and who will never understand bc the truth of the matter is that energy becomes dead weight like rocks bc you are on a different vibe or level. ... Some of you have been working yourselves silly trying to make things happen. Guess what, try cutting all the 'weight' off, trim the fat off your circle and see what happens."

Week 37

"Let me encourage my sister girls real quick. Stop trying to kill yourself to be what you think he wants and needs. THE MAN for you will love you exactly the way you are flaws and all. Plenty

of dudes out here got mad stomach aches chasing eye candy that turned out to be nothing but sour patches."

Week 38

"Only those willing to change will grow, those willing to hurt will love, and those willing to fail will win!"

Week 39

"In life there are times when people hold on to and let go of the wrong people, characteristics and things. Hold on to your dreams, love, vision, family, friends, compassion, kindness, generosity, your ability to forgive and sense of community. Let go of regrets, failures, users, cheaters, envy, jealousy, undermining and thieves. Once you do your house cleaning, it is amazing how what treasurers remain begin to shine!!"

Week 40

"Sometimes when you least expect it, you look up and find you are rocking alone. But then again, sometimes that is the only way to **ROCK OUT!** In the game of Spades we say come hard, come high or don't come at all. That is the same in life. Come hard, come high, or not at all."

Week 41

"Until you are qualified to speak life into your man's life, health, business, success and dreams ... you are not qualified to be his helpmeet. Now you may be good at putting a smile on his face,

but that does not mean you have the gifts to ignite the melody of his soul."

Week 42

"So many people spend their lives waiting and saving. Saving the nicest outfit or pair of shoes for that 'special' occasion. Saving their love for that 'special' someone. The time to live and love is NOW while you can enjoy it. Don't worry about holding on to and saving what you should be freely living now to enjoy. There is always more where those things come from."

Week 43

"Life is a funny thing... sometimes you have to just do what you know you have to do, which is what you don't want to do, which is what you should have done a long time ago, which would have had you in a different place from jump."

Week 44

"The simple becomes the complex only when it is acknowledged as such."

Week 45

“Being light means to shed the light of love upon situations and circumstances that need more light or love. Many times it is easy to turn a thing around when instead of perceiving it with anguish, we cast the light of love upon it. In order to do that you must take a step back, breathe, and force yourself to see the good in every situation you

perceive as not good. Our eyes are our lenses and our hearts are the instrument to activate their focus. Use your heart and not your mind to BE LIGHT today and you'll start to understand how YOU are in control of your life and experiences.”

Week 46

"Create the life you want by opening your mind to the possibilities. Create the love you want by opening your heart. Create the wealth you want by opening your wallet. Create the abundance you want by increasing your benevolence. Create the health you want by increasing your willingness to do certain things. Got it? Now go GET IT.”



Week 47

"Those who walk with the POWER within, SPEAK LIFE, and walk into the MANIFESTATION of that power!”

Week 48

"It's easy to become attracted to your distraction at the moment there is traction to where you incite action for your faction. LOL. Moral: You stay focused on what you are doing for your

family, there will be plenty of time and opportunities for the other stuff.”

Week 49

"In life there are no such things as short cuts, but there are EXPRESS LANES (FAVOR) and those of us with THE EASY PASS (POWer) don't have to stop in the middle of our flow, we keep our rhythm and keep on moving. Oh and BTW that EASY PASS is the POWer of I AM awareness. Get you some and get moving!!”

Week 50

"As we find ourselves beginning to embark upon the throes of winter, it is a WONDERFUL opportunity to also allow our hurts, regrets, fears, and anguish to fall away from us (our spirits & souls) just as the leaves fall from the trees to give way for new foliage to come. Give way for the NEW that you deserve to have come into your life whether it is a new relationship, business, home, car, friends, etc... to a place of love, warmth, kindness, compassion, forgiveness, and wholeness. Once you forgive yourself for whatever you are being too hard on yourself about, looking past what other things you perceive as being wrongly done to you becomes obsolete.”

Week 51

"Make no mistake that excellence attracts excellence. Remember that next time you put down someone you were attracted to."

Week 52

May this end of the year season bring you joy and your heart's desire in life for family, friends, love, and career. May you be **BLESSED** and transformed by the **RENEWAL** of your thoughts, your love, your fellowship and pursuits. May the Universe give you **ANGELIC FAVOR** in the coming years and **PEACE** in your life. May you have good health, abundance, and happiness this season!

"I learned a long time ago, you can have the recipe, the ingredients on hand, and follow directions to the letter but if you are not engaged and all in it with love and your own special flare of a wonderful secret ingredient that sets you apart from the rest, then yours will come out tasting textbook like all the rest. THAT Is why I DO ME MY WAY HOW I AM guided and led. When you are authentic, your gifts tweak the ingredients to give the YOU factor that no other chef can bring!! Hone those YOU skills and see if folks don't start wanting what you make. Watch what I tell you."



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