

The Living to 100 Inspiration Collection

This curated collection of positive quotes offers timeless wisdom on aging, success, enlightenment, and personal growth. Each quote is carefully selected to inspire positive thinking, encourage change, and celebrate a life of purpose and continuous learning.



- 01 | I would not give a fig for the simplicity this side of complexity, but I would give my life for the simplicity on the other side of complexity. - **Oliver Wendel Holmes**, Former Justice of the Supreme Court
- 02 | The story of the human race is the story of men and women selling themselves short. - **Abraham Maslow**, Humanistic psychologist, author of Maslow's Hierarchy of Human Needs
- 03 | Whatever enlarges hope will also exalt courage. - **Samuel Johnson**, English writer, poet, and playwright
- 04 | I might swing from branch to branch but always in the same tree. - **Jean Cocteau**, French novelist
- 05 | We are disturbed not by events, but by the views we take of these events. - **Epictetus**, Roman Philosopher
- 06 | A lie can travel halfway around the world while the truth is putting on its shoes. - **Mark Twain**, American writer, and humorist
- 07 | Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive. - **Howard Thurman**, American author, and philosopher
- 08 | Pleasure disappoints, but possibility, never. - **Søren Kierkegaard**, Author, and philosopher
- 09 | Some cause happiness wherever they go; others whenever they go. - **Oscar Wilde**, Irish playwright, poet & critic
- 10 | Make your future bigger than your past. - **Dan Sullivan**, Motivational speaker
- 11 | If you only have a hammer, you tend to see everything as a nail. Abraham Maslow, - **Humanistic psychologist**, author of Maslow's Hierarchy of Human Needs
- 12 | Not all things that can be counted count and not everything that counts can be counted. - **Albert Einstein**, theoretical physicist, and quantum mechanics professor
- 13 | Nothing succeeds like persistence; talent will not - nothing is more common than unsuccessful men with talent; genius will not - unrewarded genius is almost a proverb; education will not - the world is full of educated derelicts. - **Anonymous**
- 14 | There are only two days in the year when nothing can be done. They are called yesterday and the other tomorrow. Today is the right day to believe, do, and mostly live. - **Dalai Lama**, spiritual leader and head of Tibetan Buddhism

- 15 | I used to think the brain was the most wonderful organ in the body, then I realized who was telling me that. - **Emo Phillips**, American actor, and comedian
- 16 | How old would you be if you didn't know how old you are? - **Satchel Page**, American professional baseball player
- 17 | Always go to other people's funerals, otherwise they won't come to yours. - **Yogi Berra**, American professional baseball catcher
- 18 | The secret to life is to have a task, something that you devote your entire life to, something you bring everything to. And the most important thing is – it must be something you cannot possibly do. - **Henry Moore**, English artist, and sculptor
- 19 | Birthdays do not kill, health conditions do. - **Joseph Coughlin**, Director, AgeLab
- 20 | Our most scarce resource is our attention. If you pay attention to junk, your life becomes junk. - **Ozan Varol**, Rocket scientist, award-winning professor, and author
- 21 | A wealth of information creates a poverty of attention. - **Herbert Simon**, American political scientist, and contributor to computer science
- 22 | What gets measured, gets managed. -- **Peter Drucker**, Management consultant and author
- 23 | Sometimes when you're in a dark place, you think you've been buried, but actually you've been planted. - **Christine Caine**, American musician, and folksinger
- 24 | The 2nd half of life is meant to be better than the 1st half. The 1st half is finding out how you do it, and the 2nd half is enjoying it. - **Frances Lear**, Magazine publisher
- 25 | The real affliction of old age is remorse. - **Cesare Pavese**, Italian novelist
- 26 | The brain is wider than the sky. For, put them side by side, the one the other will contain with ease, and you beside. - **Emily Dickenson**, American poet
- 27 | If I had one hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about solutions. - **Albert Einstein**, theoretical physicist, and quantum mechanics professor
- 28 | Children enter schools as question marks and leave as periods. - **Neil Postman**, Author, and educator
- 29 | The stupid are cocksure while the intelligent are full of doubt. - **Bertrand Russel**, British mathematician, and philosopher
- 30 | If you want the rainbow, you have to put up with the rain. - **Dolly Parton**, American singer-songwriter
- 31 | The bad news is that time flies; the good news is that you're the pilot. - **Michael Altshuler**, Author
- 32 | How refreshing, the whinny of a packhorse unloaded of everything. - **Zen Saying**
- 33 | Man's great task in life is to give birth to himself. - **Erich Fromm**, German philosopher
- 34 | Computers are useless. They can only give you answers. - **Pablo Picasso**, Abstract French painter
- 35 | Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in. - **Leonard Cohen**, American singer-songwriter, and poet
- 36 | A morning glory at my window satisfies me more than the metaphysics of books. - **Walt Whitman**, American poet, essayist, and journalist
- 37 | One cannot step twice into the same river. - **Heraclitus**, Greek philosopher

- 38 | God is in me or else is not at all. - **Wallace Stevens**, Poet
- 39 | The notes I handle no better than many pianists. But the pauses between the notes—ah, that is where the art resides! - **Arthur Schnabel**, Austrian classical pianist
- 40 | Men argue, nature acts. - **Voltaire**, French writer and philosopher
- 41 | Don't let yesterday define who you are today. - **Joe Casciani**, psychologist and aging specialist
- 42 | Don't spend time beating on a wall, hoping to transform it into a door. - **Coco Chanel**, French fashion designer and businessperson
- 43 | Look in the mirror. That's your competition. - **John Assaroff**
- 44 | Every story has a beginning, a middle, and an end, but not necessarily in that order. - **Jean Luc Godard**, French new-age film director
- 45 | It's not where you take things from, it's where you take things to. - **Jean Luc Godard**, French new-age film director
- 46 | What lies behind us & what lies before us are tiny matters compared to what lies within us. - **Henry Stanley Haskins**
- 47 | I have already lost touch with a couple of people I used to be. - **Joan Didion**, American writer, and pioneer of new journalism
- 48 | It is the mark of an educated mind to be able to entertain a thought without accepting it. - **Aristotle**, Greek philosopher
- 49 | All human misfortune comes from not knowing how to remain quietly in one room. - **Blaise Pascal**, French mathematician, philosopher, and physicist
- 50 | How we spend our days is, of course, how we spend our lives. - **Annie Dillard**, author, and poet
- 51 | Doing something unimportant well does not make it important. What brings success is the quality of our actions, not the quantity. - **Tim Ferriss**, entrepreneur, investor, and podcaster
- 52 | They laugh at me because I'm different. I laugh at them because they are the same. - **Kurt Cobain**, influential rock musician and founder of rock group Nirvana
- 53 | Believe those who are seeking the truth; doubt those who find it. - **Andre Gide**, French author, Nobel Prize winner in literature
- 54 | You are only as young as the last time you changed your mind. - **Timothy Leary**, psychologist, and advocate of psychedelic drugs
- 55 | Talent hits a target no one else can hit, but genius hits a target that no one else can see. - **Arthur Schopenhauer**, German philosopher
- 56 | Surrender doesn't mean giving up responsibility or walking away from problems. It means focusing on what you can control and letting go of what you can't. - **Ozan Varol**
- 57 | The eye that looks ahead to the safe course is closed forever. - **Frank Herbert**, science fiction author of Dune
- 58 | Our next life will always cost us this one. If we are truly alive, we are constantly losing who we just were, what we just built, what we just believed, what we just knew to be true. - **Glennon Doyle**, author, feminine activist
- 59 | I didn't have time to write you a short letter, so I wrote you a long one. - **Mark Twain**
- 60 | Most people do not listen to understand; they listen with the intent to reply. - **Stephen Covey**, author, businessperson, and author of 7 Habits

- 61 | There is nothing noble in being superior to your fellow men. True nobility lies in being superior to your former self. - **Ernest Hemingway**
- 62 | I'll see it – when I believe it. - **Anonymous**
- 63 | Own the first hour of the day, and you own the whole day. - **Anonymous**
- 64 | It's not a failure to fall; failing is not getting up. - **Anonymous**
- 65 | Unease, anxiety, tension, stress, worry—all forms of fear—are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence. - **Eckhart Tolle**, Spiritual teacher, and self-help author
- 66 | Success is the ability to move from failure to failure without the loss of enthusiasm. - **Winston Churchill**, Prime Minister of England, and world statesman
- 67 | I firmly believe you should never spend your time being the former anything. - **Condoleezza Rice**, American diplomat and former Secretary of State
- 68 | Sometimes your joy is the source of your smile, and sometimes your smile is the source of your joy. - **Thick Nhat Hanh**, Buddhist monk and author
- 69 | Most folks are about as happy as they make up their minds to be. - **Abraham Lincoln**, 16th President of the U.S.
- 70 | We have 6,000 to 10,000 thoughts per day. Of these, approximately 80% are negative thoughts, which can produce negative emotions. - **National Science Foundation**.
- 71 | Intelligence is the ability to adapt to change. - **Stephen Hawking**, Theoretical physicist and author
- 72 | There is always room for change, but you have to be open to that change. - **Kathryn Budig**, internationally acclaimed Yoga teacher and podcaster
- 73 | If you fall over, you fall over. If you have to stop, you stop. But you start again. Just like life itself, you start again. - **Gurmukh Kaur Khalsa**, Yoga teacher and pioneer in the field of pre-natal Yoga
- 74 | What you think, you become. -- **Buddha** ascetic and sage, Buddhism was founded on his teachings, lived sometime between the 4th and 6th Century BC
- 75 | You cannot always control what goes on outside, but you can always control what goes on inside. - **Wayne Dyer**, Self-help author and motivational speaker
- 76 | Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they're meant to be. - **B.K.S. Iyengar**, Indian teacher of Yoga and one of the foremost Yoga gurus in the world
- 77 | People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily. - **Zig Ziglar**, Author, salesman and motivational speaker
- 78 | When you are self-conscious you are really showing symptoms that you don't know who you are. Your very self-consciousness indicates that you have not come home yet. - **Osho**, Indian philosopher, and mystic, also known as Rajneesh
- 79 | Inner peace begins the moment you choose not to allow another person or event to control your emotions. - **Pema Chödrön**, American Tibetan-Buddhist, ordained nun, and author
- 80 | The secret of change is to focus all of your energy, not on fighting the old, but on building the new. - **Socrates**, Greek philosopher and founder of Western philosophy
- 81 | You don't have to see the whole staircase, just the first step. - **M.L. King**, American civil rights leader

- 82 | When we are no longer able to change the situation, we are challenged to change ourselves. - **Viktor Frankl**, Austrian psychiatrist and Holocaust survivor
- 83 | I still have two abiding passions. One is my model railway, the other – women. But at the age of 89, I find I am getting a little too old for model railways. - **Conductor Pierre Monteux**
- 84 | If I had my life to live over again, I'd make the same mistakes – only sooner. - **Tallulah Bankhead**, American actress
- 85 | Life is what's happening while we're busy making other plans. - **John Lennon**, founding member of the Beatles
- 86 | Argue for your limitations, and they're yours. - **Anonymous**
- 87 | Holding onto bitterness and anger after 28 years of false imprisonment is just trading one prison over another. - **Lamar Johnson**, on his release from a Missouri prison after 28 years.
- 88 | At my age, getting a second doctor's opinion is kind of like switching slot machines. - **Jimmy Carter**, former U.S. President and humanitarian
- 89 | Everyday, I become more and more cynical, but it's hard to keep up. - **Actor Lily Tomlin**
- 90 | Life is full of miracles, but not always the ones we pray for. - **Actor Eve Arden**
- 91 | When I was young, I used to have successes with women because I was young. Now I have successes with women because I am old. Middle age was the hard part. - **Musician Arthur Rubenstein**
- 92 | If a problem has no solution, it may not be a problem but a fact; not to be solved but to be coped with over time. - **Anonymous**
- 93 | Society grows great when older people plant trees under whose shade they will never sit. - **Marc Freedman**, CEO of Encore.org
- 94 | Happiness consists more in small conveniences or pleasures that occur every day, more than great pieces of good fortune that do happen but seldom. - **Benjamin Franklin**
- 95 | Traumatic events make people stumble and fall, but resilience is about not staying down. - **Nancy Zarse**, author of "Survival Mentality: The Psychology of Staying Alive"
- 96 | A strong mind can carry a weak body, but a weak mind cannot carry even a strong body. - **Sri Ravi Shankar**, musician
- 97 | It's true what they say about failure. You don't learn from success. - **Dustin Hoffman**, American actor
- 98 | Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. -- **Buddha**, ascetic and sage, Buddhism was founded on his teachings, lived sometime between the 4th and 6th Century BC
- 99 | It's not how old you are, it's how you are old. - **Jules Renard**, 20th Century French author
- 100 | If your plan is for one year, plant rice. If your plan is for 10 years, plant trees. If your plan is for 100 years, educate children. - **Confucius**



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