

PHONE BOOK



**BASIC  
PRINCIPLES**

*A N T O I N E*

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BASIC

PRINCIPLES

ANTOINE



BASIC PRINCIPLES

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”

That you may find the courage to live  
the life you see for yourself.



”

The more in harmony you are with the  
flow of your own existence, the more  
magical life becomes.

- Adyashanti

”

Good, better, best.  
Never let it rest. Until  
your good is better  
and your better is  
best.

- St. Jerome

”

Don't ask what the world needs. Ask what makes you come alive, and go do that. Because what the world need is people who have come alive.

- Howard Thurman

”

Discipline is choosing between what you  
want now and what you want most.

- Abraham Lincoln

”

You had a purpose before  
anyone had an opinion.

- Timothy Pina

”

You are what you do,  
not what you say you'll do.

- Carl Jung

”

The greatest danger is not that our aim is too high and that we miss, but that it is too low and we hit.

- Michelangelo

”

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

- Buckminster Fuller

”

My lack of success is  
self-imposed.

- Roman J. Israël,  
Esquire

”

There is nothing so useless as  
doing efficiently that which should not  
be done at all.

- Peter Drucker

”

If you have a million dollar dream,  
don't let someone with a forty thousand  
dollar salary talk you out of it.

”

The best way to make children  
good is to make them happy.

- Oscar Wilde

”

The difference between successful people  
and really successful people is that really  
successful people say no to almost  
everything

- Warren Buffet

”

It's a folly for a man to  
pray to the gods for that which he has  
the power to obtain by himself.

- Epicurus

”

Do it or do not do it  
You will regret both.

- Søren Kierkegaard

”

Many of us pursue pleasure with such  
breathless haste that we hurry past by it.

- Søren Kierkegaard

”

If you're going through hell, keep going.  
Why stop in hell?

- Steve Harvey

”

A nation is born stoic,  
and dies epicurean.

- Will Durant

”

Tell me who your heroes are and I'll tell  
you who you'll turn out to be.

- Warren Buffet

”

If it is humanly possible,  
consider it to be within  
your reach.

- Marcus Aurelius

”

If you can't buy it twice,  
you can't afford it.

- Jay-Z

”

Is it going to change  
people's lives?

- Jeff Bezos

”

Be tolerant with others  
and strict with yourself.

- Marcus Aurelius

”

The world turns aside to let any man pass  
who knows where he is going.

- Epictetus

”

You don't have to be smarter than the rest. You have to be more disciplined than the rest.

- Warren Buffet

”

There is a difference between knowing  
the path and walking the path.

- Morpheus

”

It is one thing to stand on the comfortable ground of placid inaction and put forth words of cynical wisdom, and another to plunge into the work itself and through strenuous experience earn the right to express strong conclusions.

- John Rockefeller

”

You are chasing a dollar, and you  
don't honour your craft.

- Dr. Eric Thomas

”

Start by doing what is necessary, then do  
what is possible, and suddenly you are  
doing the impossible.

- St. Francis of Assisi

”

The successful warrior is the  
average man with laser focus.

- Bruce Lee

”

Don't doubt your vibe,  
because it's true

- Elon Musk

”

People won't have time for you if you  
are always angry or complaining.

- Stephen Hawking

”

The most courageous act is still  
to think for yourself. Aloud.

- Coco Chanel

”

I used to believe that prayer changes things, but now I know that prayer changes us and we change things.

- Mother Teresa

”

The only way to become rich is  
to make money, not save it.

- Kate Chopin

”

I believe in the dignity of labour, whether with head or hand. That the world owes no man a living, but that it owes every man an opportunity to make a living.

- John Rockefeller

”

First being, then doing, and then having.

You are going the having, doing, being way, which leads to an endless pursuit of having, the basis of an unfulfilled life.

- Sadhguru

”

Life is like riding a bicycle. To keep your  
balance, you must keep moving.

- Albert Einstein

”

Beauty is vanishing from our world,  
because we live as though it did not  
matter.

- Sir Roger Scruton

”

The sooner you realize that life moves  
on without you, the sooner you will  
move on with life.

- Alex Sauer

”

Sometimes you have to play a long time  
to be able to play like yourself.

- Miles Davis

”

Your love makes me strong.  
Your hate makes me unstoppable.

- Cristiano Ronaldo

”

Life is rooted in reality, not in your  
thoughts and emotions.

- Sadhguru

”

When I was 5 years old, my mother told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up.

I wrote down *happy*.

They told me I didn't understand the assignment. I told them they didn't understand life.

- John Lennon

”

Be who you are and say when you feel.  
Because those who mind don't matter  
and those who matter don't mind.

- Bernard Baruch

”

Are you not entertained?

Is this not why you are here?

- Maximus Decimus Meridius

”

The fight is won or lost far from witnesses  
behind the lines, in the gym, and out there  
on the road, long before I dance under  
those lights.

- Muhammed Ali

”

Yesterday I was clever, so I wanted to  
change the world. Today I am wise, so I  
am changing myself.

- Rumi

”

Sometimes what you want doesn't  
deserve you. And perhaps when you  
thought you weren't good enough, the  
truth was that you were overqualified.

”

Life happens when you are  
too busy making plans.

”

What I require, I can also provide.

Read that again.

”

If it's to be, it's up to me.

- Brian Tracy

”

Sometimes I miss my old friends,  
but then I remember the disrespect.

”

Successful people are not successful  
because they didn't fail. Successful people  
are successful because they never  
gave up.

”

If not you, who?

If not *now*, when?

”

Know Thyself

”

What has to be done this week?

What has to be accomplished this month?

What have you done last week?

Who have you served?

”

Life always finds a way

”

You act like mortals in all that you fear,  
and like immortals in all that you desire.

- Seneca

”

When you do not know what to choose,  
show total involvement in everything.

Then life will choose, and it is never wrong.

- Sadhguru

”

You are killing yourself for a job that  
would replace you within a week if  
you dropped dead.

- Jet Lee

”

When you are avoided by someone,  
don't disturb them again.

- Buddha

”

I can't tell you the key to success.

But the key to failure is trying  
to please everyone.

- Ed Sheeran

”

Respect yourself enough to walk away  
from anything that no longer serves you,  
grows you or makes you happy.

- Grant Cardone

”

Without customers you don't have a  
business, you have a hobby.

- Don Peppers

”

A man is not a man until he's able  
and willing to accept his own vision of the  
world, no matter how radically his vision  
departs from that of others.

- James Baldwin

”

Doubt is only removed by action.

If you're not working, then that's  
when doubt comes in.

- Conor McGregor

”

He who works all day, has  
no time to make money

- John Rockefeller

”

Everyone has a plan until they  
get punched in the mouth.

- Mike Tyson

”

There are not shortcuts to  
any place worth going.

- Beverly Sills

”

If you end up with a boring miserable life because you listened to your mom, your dad, your teacher, priest, or some other guy on TV telling you how to live your life, then you deserve it.

- Frank Zappa

”

The problem is not that you  
don't have what it takes.

The problem is you don't understand  
that sometimes it's going to take  
everything you've got.

- Inky Johnson

”

Only when you do not know yourself,  
the opinion of other people  
become important.

- Sadhguru

”

If you want to have what you truly want,  
you first have to become who you  
truly are.

- Tim Grover

”

Get as far as you can see.

When you get there, you'll be able  
to see farther.

- J.P. Morgan

”

When we are no longer able to  
change the situation, we are forced to  
change ourselves.

- Victor Frankl

”

I once cried because I had no shoes  
to play football with my friends.

One day I saw a man who had no feet,  
and I realized how rich I was.

- Zinedine Zidane

”

I don't call someone else  
when shit gets real.

I step up and handle  
that shit myself.

- John Gotti

”

When you don't understand,  
you depend on reality.

When you do understand,  
reality depends on you.

- Bodhidharma

”

If you love a flower, don't pick it up.

Because if you pick it up it dies and cease to be what you love. Love is not about possession. Love is about appreciation.

- Osho

”

If you are depressed,  
you are living in the past.

If you are anxious,  
you are living in the future.

When you are at peace,  
you are living in the moment.

- Lao Tzu

”

One of the huge mistakes people  
make is that they try to force  
an interest on themselves.

You don't choose your passions.  
Your passions choose you.

- Jeff Bezos

”

You don't have to control  
your thoughts.

You just have to stop letting your  
thoughts control you.

- Dan Millman

”

Dreams are not what you see  
in your sleep.

Dreams are things which do not  
let you sleep

- Cristiano Ronaldo

”

How long can you put off  
who you really want to be.

- Epictetus

”

Mankind are so much the same, in all of time and places, that history informs us of nothing new or strange in this particular.

It's chief use is only to discover the constant and universal principles of human nature.

- David Hume

”

Everything we hear is  
an opinion, not a fact.

Everything we see is  
a perspective, not a truth.

”

The human mind is  
not just for memory.  
It is for perception.

”

No excuses, just  
adjustments.

”

A man without vision  
will always return to his past.

”

This above all:  
To thine own self be true.

- Hamlet,  
William Shakespeare

”

Don't strive to become a man of  
success, but rather strive to  
become a man of value.

- Albert Einstein

”

Now you know that you don't have to be  
perfect, you can do good.

- John Steinbeck

”

Nothing changed. The only thing that changed is that I changed. You are your biggest driver of success.

The day you take away all your excuses, even the ones that don't belong to you, is the day you're going to blow up.

The way you're created, you don't need nothing else. Everything you need you already have.

- Dr. Eric Thomas

”

Ever loved someone so much that you'd  
do anything for them?

Well, make that someone yourself and do  
whatever the hell you need to do.

- Harvey Specter

”

Your problem is you think you have time.

- Buddha

”

Heaven and hell suppose two distinct species of men, the good and the bad.

But the greatest part of mankind float betwixt virtue and vice.

- David Hume

”

Don't be afraid of losing people.

Be afraid of losing yourself trying  
to please everyone around you.

”

You feel tired, not because you've done too much, but because you've done too little of what sparks the light within you.

”

This is the real secret of life,  
to be completely engaged with it,  
with what you do.

And instead of calling it work,  
realize it is play.

- Alan Watts

”

I do not fear the man who practices  
10.000 kicks on time. I fear the man who  
practices one kick 10.000 times.

- Bruce Lee

”

Success is not final, failure is not fatal.  
It's the courage to continue that counts.

- Winston Churchill

”

Be alone. That is the secret of invention.

Be alone. That is when ideas are born.

- Nikola Tesla

”

He who says he can, and he who says he  
can't, are both usually right.

- Confucius

”

In great power lies  
great responsibility.

- Stan Lee

”

The more we value things,  
the less we value ourselves.

- Bruce Lee

”

If you don't know your own value,  
somebody will tell you your value, and it'll  
be less than you're worth.

- Bernard Hopkins

”

In our society you work eight hours per day for survival. Everything over eight hours is for success.

- Brian Tracy

”

No man is free who cannot  
command himself.

- Pythagoras

”

A man lives badly who does not  
know how to die well.

- Seneca

”

We can be emotional without  
being overcome by emotion.

- Dr. Eric Thomas

”

One day, you will wake up and there won't  
be any more time to do the things you've  
always wanted to do.

Do it now.

- Paulo Coelho

”

While I thought that I was learning how to  
live, I have been learning how to die.

- Leonardo Da Vinci

”

If you can't find something to live for,  
you best find something to die for.

- Tupac Shakur

”

No matter how hard the world  
pushed against me, within me there is  
something stronger, something better,  
pushing right back.

- Albert Camus

”

My life's a runway,  
and it's time to fly.

- Rick Ross

”

After all, to know others is to first know oneself. But to know oneself, we take reference through others.

For as all points in the universe may only be understood relative to another.

We are no different.

