

# *Study Calm*

**A LITTLE BOOK OF INSPIRATION**



From *Felstead Education*

to you:

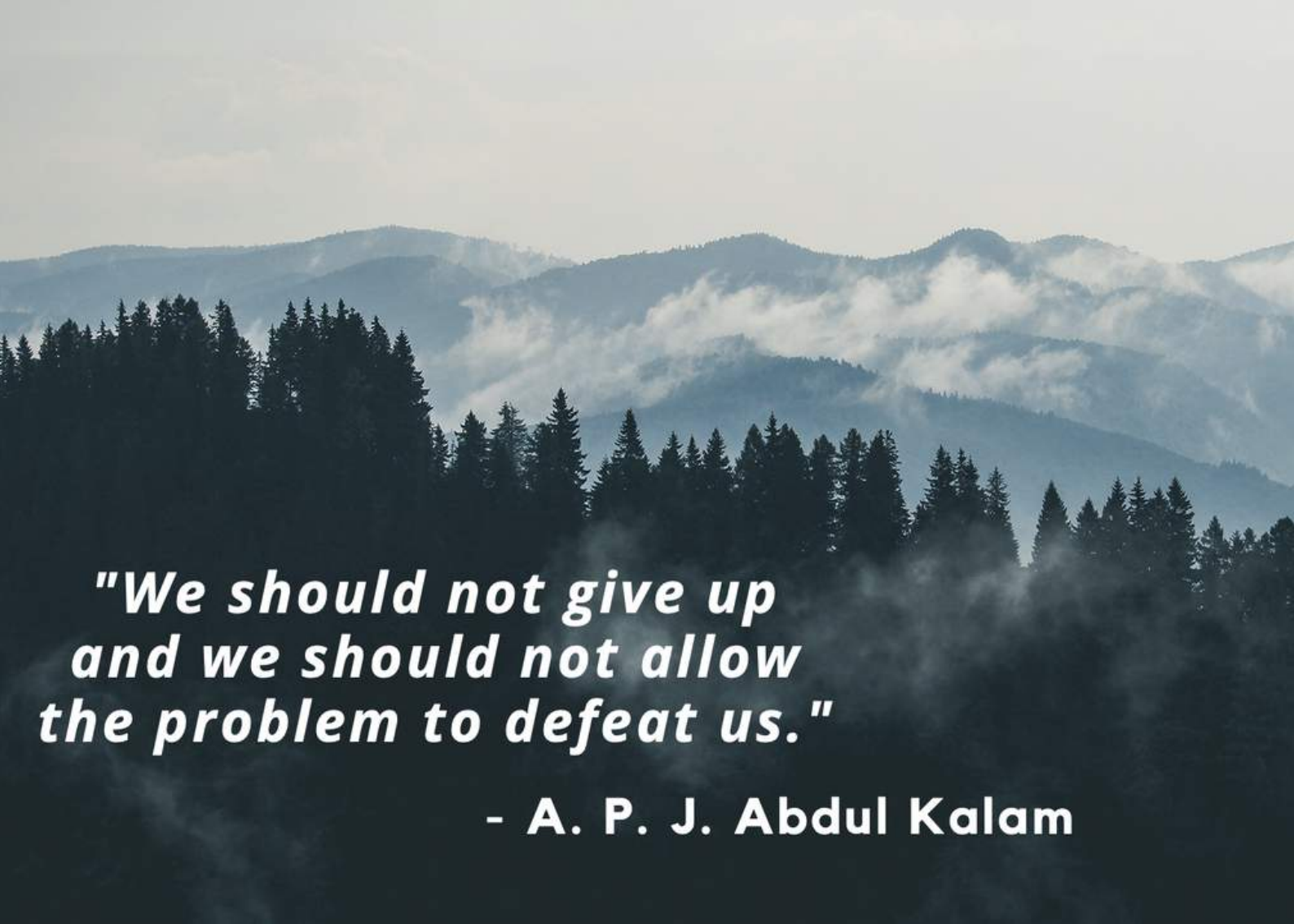
We hope these words  
will motivate, inspire  
and calm your mind



*"A year from now you will wish  
you had started today"*

**-Karen Lamb**





***"We should not give up  
and we should not allow  
the problem to defeat us."***

**- A. P. J. Abdul Kalam**





***"A little progress each day adds up to big results."***

**- Satya Nani**

*"Success is going from failure to failure without a loss of enthusiasm"*  
**-Winston Churchill**





***"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."***

**- Thomas A. Edison**

*"The key to success is to start  
before you're ready"*

**-Marie Forleo**





A photograph of a forest floor. In the foreground, a small, light-colored mushroom with a thin stem grows out of a thick, vibrant green mossy mound. The background is a soft-focus forest with various shades of green and brown, suggesting a dense woodland environment. The lighting is natural, creating a serene and slightly mysterious atmosphere.

***"Leaders spend 5% of their time on the problem & 95% of their time on the solution. Get over it & crush it!"***

**- Tony Robbins**

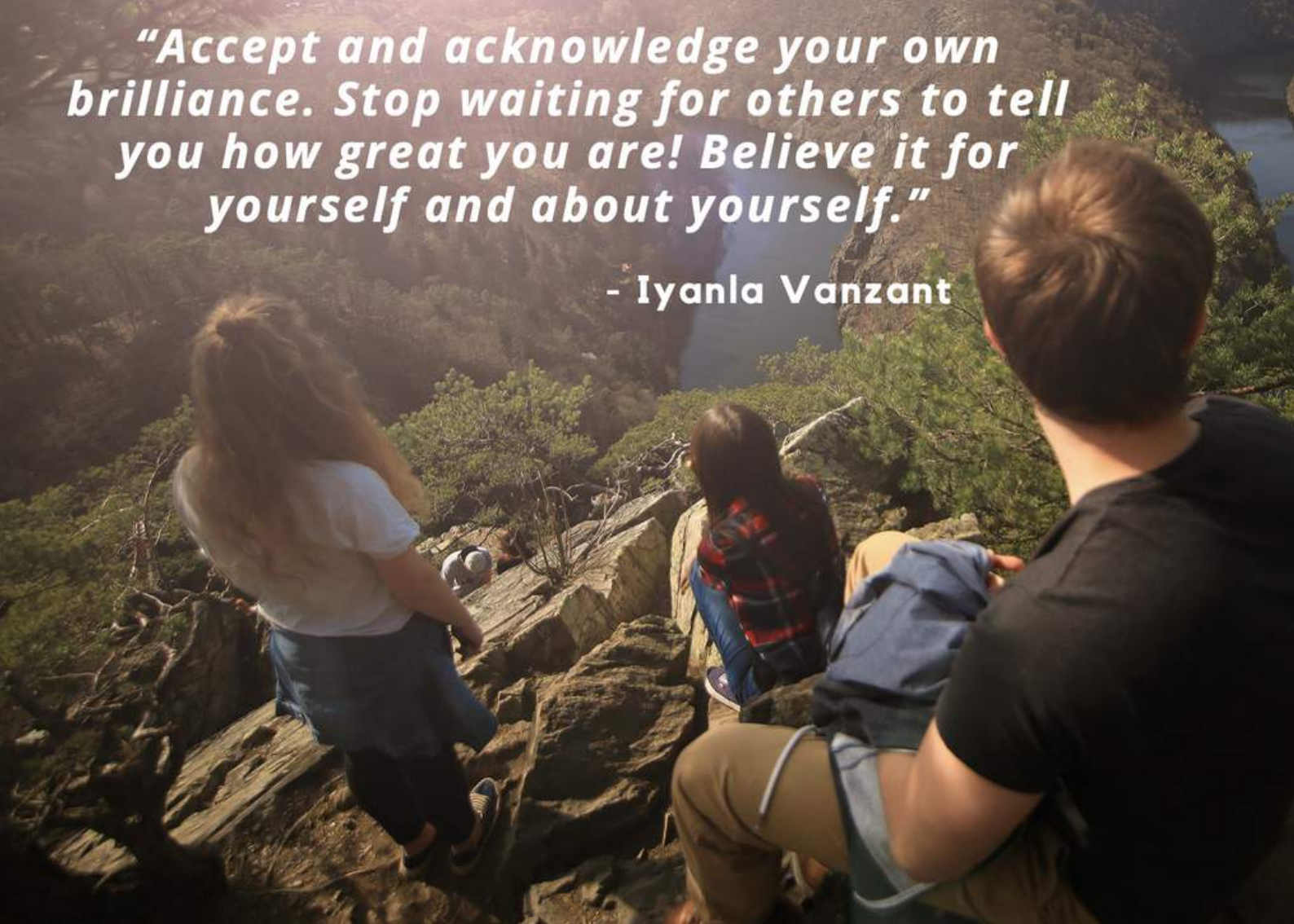
***"Failure is the opportunity to begin again  
more intelligently."***

**- Henry Ford**



***"Accept and acknowledge your own brilliance. Stop waiting for others to tell you how great you are! Believe it for yourself and about yourself."***

**- Iyanla Vanzant**





***"It never gets easier. You just get better."***

**- Jordan Hoechlin**





*"Learn how to be happy with  
what you have while you  
pursue all that you want"*

**-Jim Rohn**



A silhouette of a climber is shown on the right side of the image, crouching and using a pickaxe to work on a rock face. The background features a vast, rugged mountain range under a clear sky, with the sun low on the horizon to the left, creating a hazy, atmospheric effect. The overall tone is motivational and adventurous.

***"Don't let what you cannot do interfere with what you can do."***

**- John Wooden**





***"If you've never tried, how will you know if there's any chance?"***

**- Jack Ma**

*"What could we accomplish if we knew  
we could not fail?"*

**- Eleanor Roosevelt**

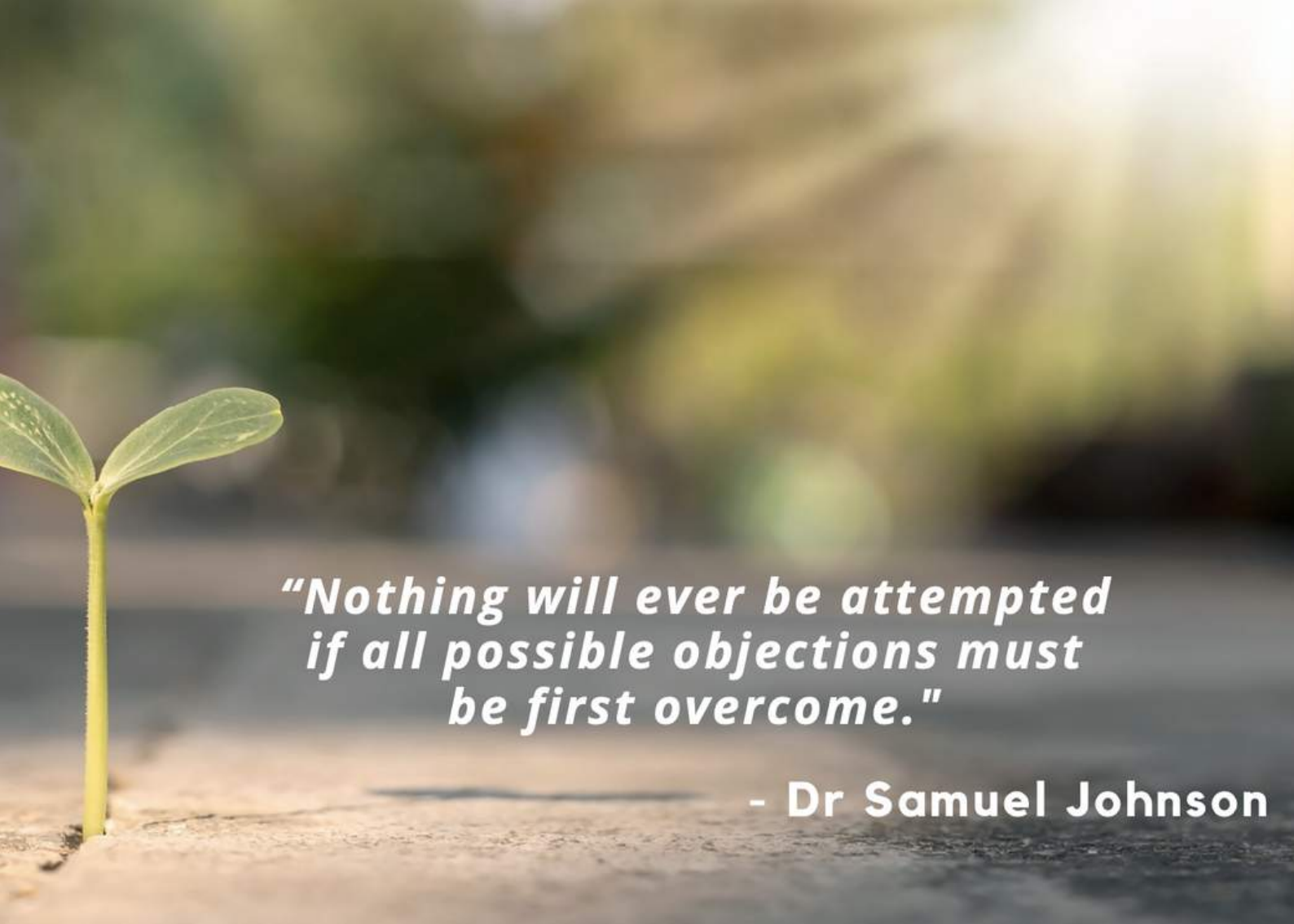






***"The greatest amount of wasted time is the time not getting started."***

**- Dawson Trotman**



***"Nothing will ever be attempted  
if all possible objections must  
be first overcome."***

**- Dr Samuel Johnson**



***"You don't get what you wish for. You get what you work for."***

**- Daniel Milstein**

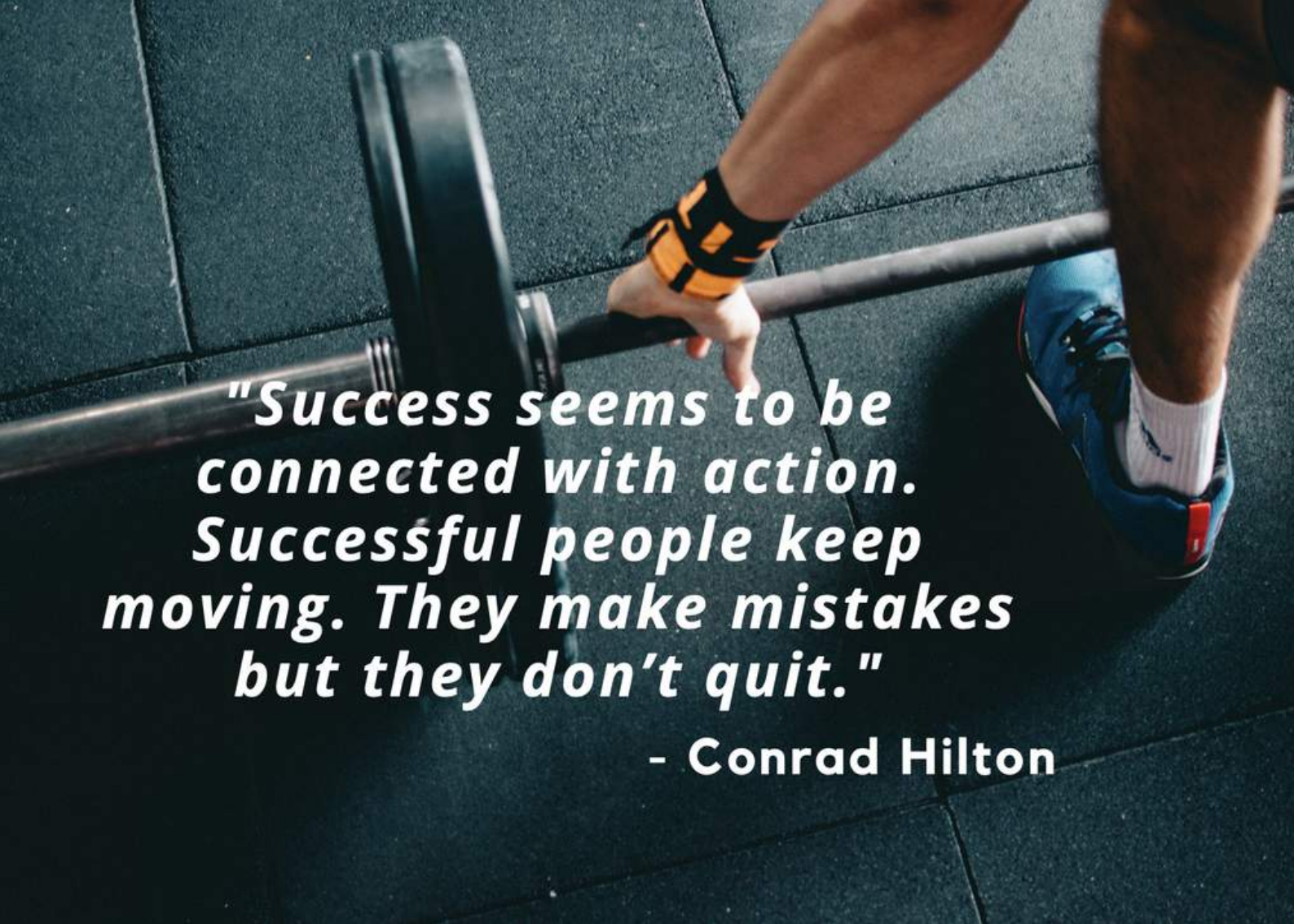


A close-up photograph of a red mushroom with white spots, likely an Amanita muscaria, growing on a forest floor covered in brown leaves. The mushroom has a thick, white stem and a red cap with numerous white, scaly spots. The background is a blurred forest scene with green foliage and brown leaves.

***"Our patience will get  
more things than our  
strength."***

**- Edmund Burke**





***"Success seems to be  
connected with action.  
Successful people keep  
moving. They make mistakes  
but they don't quit."***

**- Conrad Hilton**

***"Discipline is just choosing between what you want now and what you want most."***

**- Abraham Lincoln**





A close-up photograph of a tree trunk in a forest. The trunk is covered in thick, vibrant green moss, particularly on the lower half and the roots that spread out. The bark is dark and textured. In the background, there are out-of-focus green leaves, suggesting a dense forest setting. The lighting is soft and natural, highlighting the texture of the moss and the bark.

***"Use all your efforts, even  
when the possibilities  
play against you."***

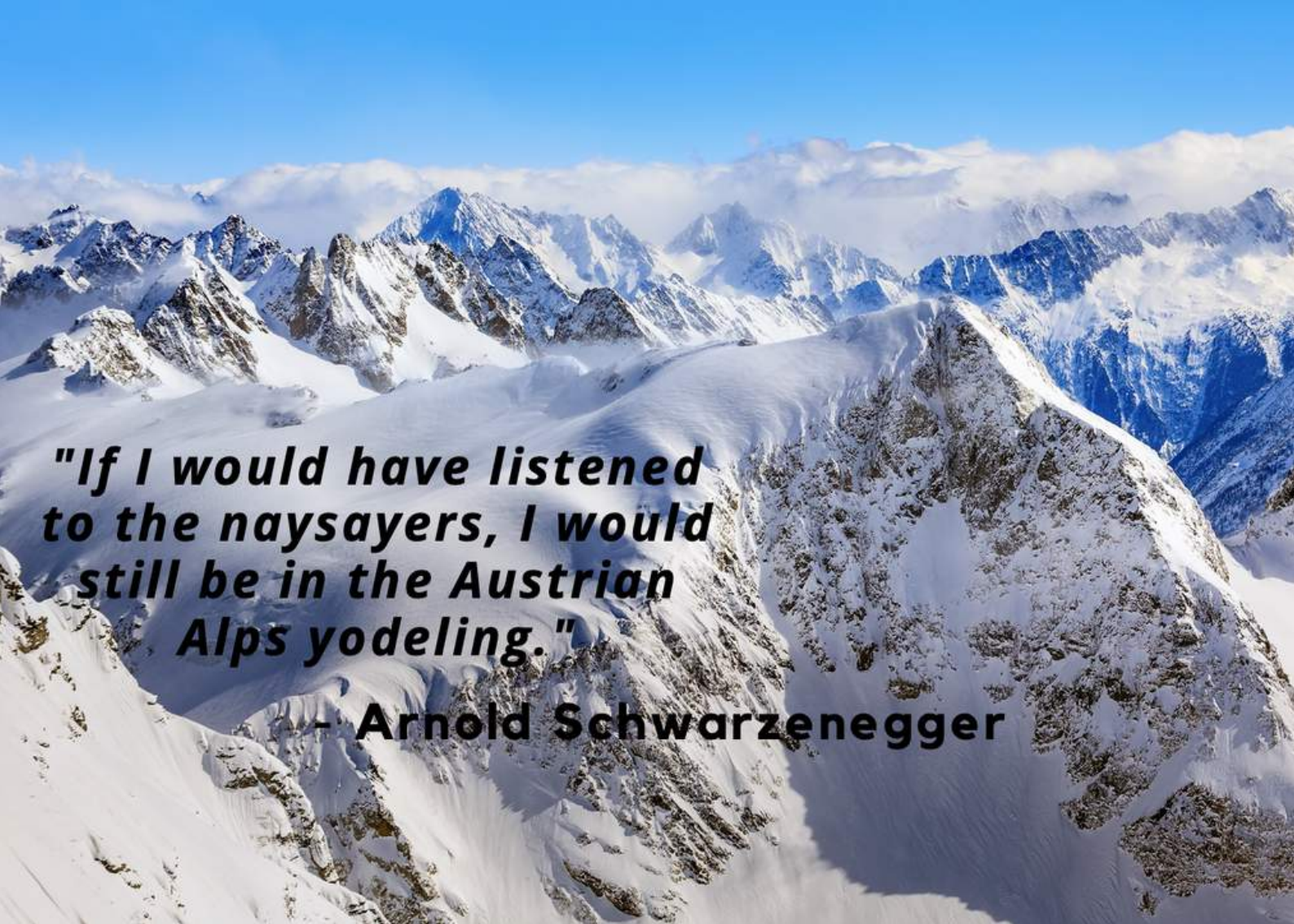
**- Arnold Palmer**



*"For something to  
change, you have to  
change"*

- Jim Rohn

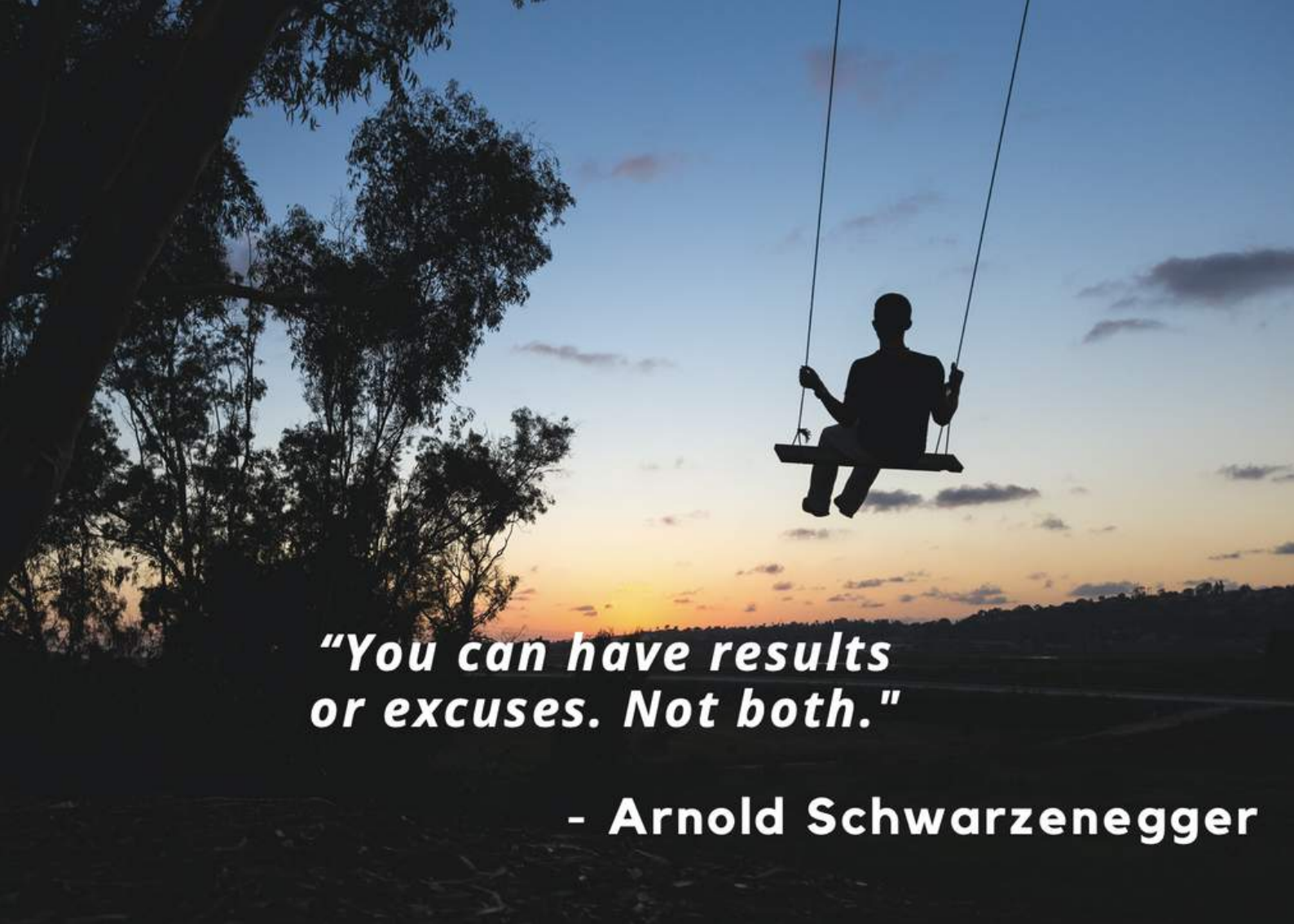




***"If I would have listened  
to the naysayers, I would  
still be in the Austrian  
Alps yodeling."***

**- Arnold Schwarzenegger**





***"You can have results  
or excuses. Not both."***

**- Arnold Schwarzenegger**



A woman in a red tank top, black shorts, and a blue cap is walking away from the camera on a sandy path through a slot canyon. The canyon walls are composed of smooth, undulating layers of red and orange sandstone, creating a rhythmic, wavy pattern. The sky is a clear, bright blue. The overall scene conveys a sense of adventure and natural beauty.

***"Believe in yourself and all that you are.  
Know that there is something inside you  
that is greater than any obstacle."***


**- Christian D. Larson**



***'The best way to gain self-confidence is to do what you are afraid to do.'***

**- Swati Sharma**





***"Success is going from  
failure to failure  
without a loss of  
enthusiasm."***

**- Winston Churchill**



***"The deepest and most overlooked truth is  
that innovation cannot happen without  
failures."***

**- Matthew Syed**



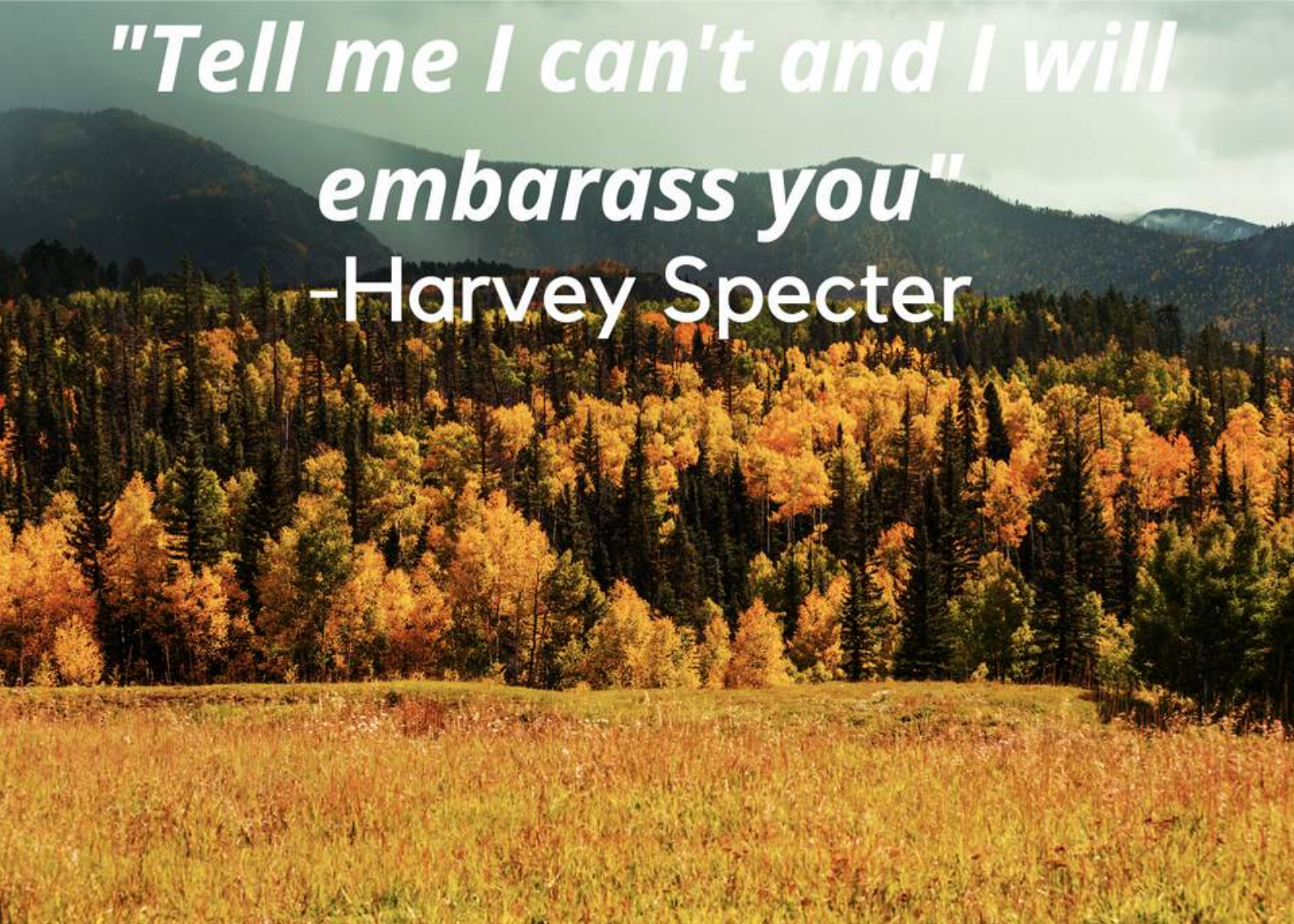


*"As is our confidence, so is our  
capacity."*

**- William Hazlitt**



*"Tell me I can't and I will  
embarrass you"*  
-Harvey Specter





***"Nothing can dim the light which shines  
from within."***

**- Maya Angelou**





A photograph of four men sitting on a grassy hill, looking out over a valley. The men are seen from behind, wearing t-shirts in black, maroon, light blue, and white. The background shows rolling green hills and a distant town under a cloudy sky.

***"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."***

**- Nora Roberts**



A photograph of a dirt path winding through a forest of tall, slender trees with thick, textured trunks and dense green foliage. Sunlight filters through the canopy, creating a dappled light effect on the path. The path leads into the distance, flanked by trees on both sides.

***"My advice is, never do tomorrow what you  
can do today. Procrastination is the thief of  
time. Collar Him."***

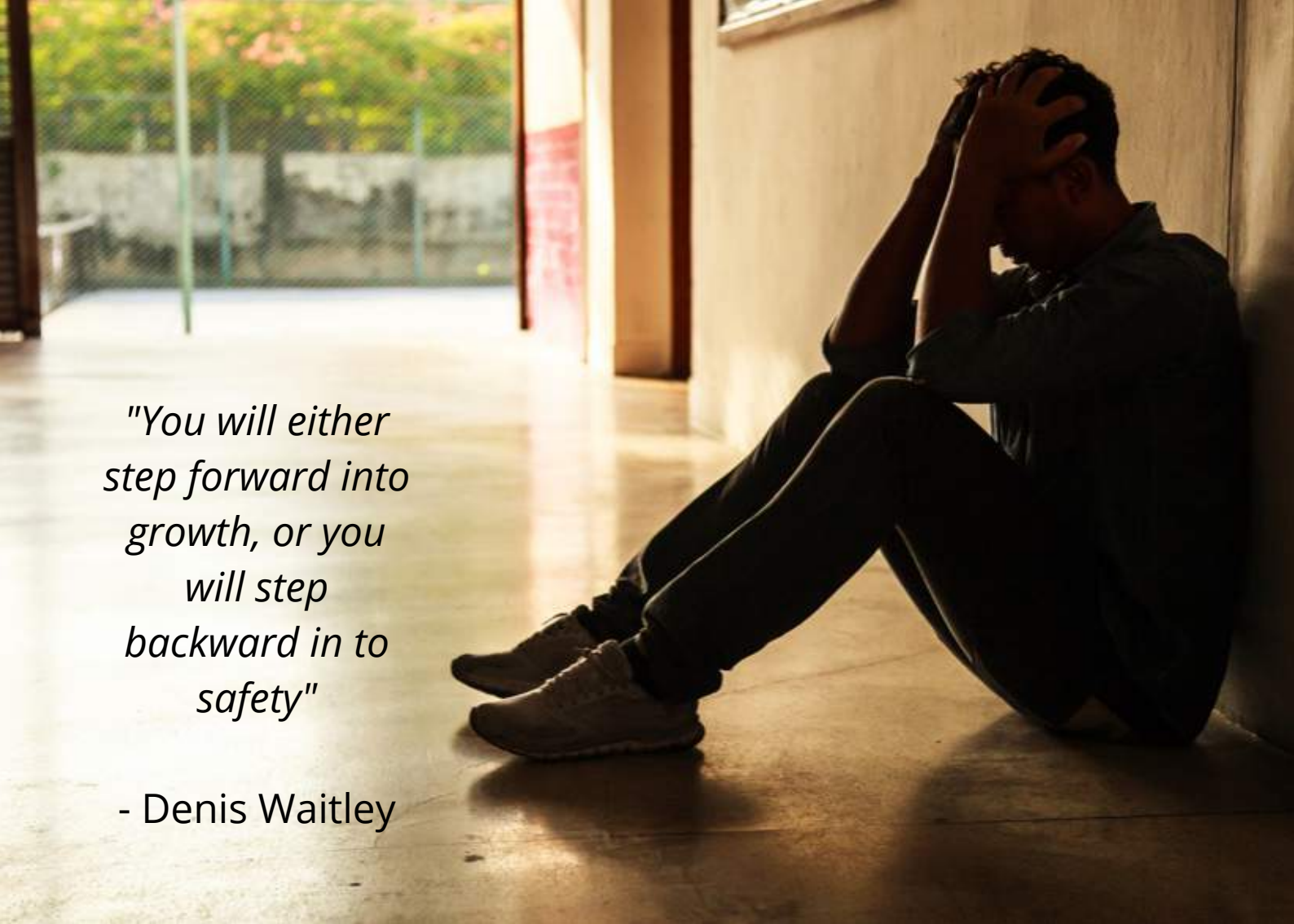
**- Charles Dickens**



A photograph of three young women from behind, embracing each other in a group hug. The woman on the left has dark hair and wears a light blue t-shirt. The woman in the middle has long, wavy brown hair and wears a red ribbed top. The woman on the right has blonde hair and wears a peach-colored top. They are outdoors with a blurred background of greenery and a white car.

***"If you're not having fun,  
you're doing something wrong"***

**- Groucho Mark**

A man is sitting on the floor in a hallway, leaning against a wall. He is looking down with his hands on his head, suggesting a state of distress or contemplation. The hallway is brightly lit by natural light coming from a large window or doorway in the background, which shows a green outdoor area. The man is wearing a dark shirt and dark pants. The floor is a light-colored, polished surface.

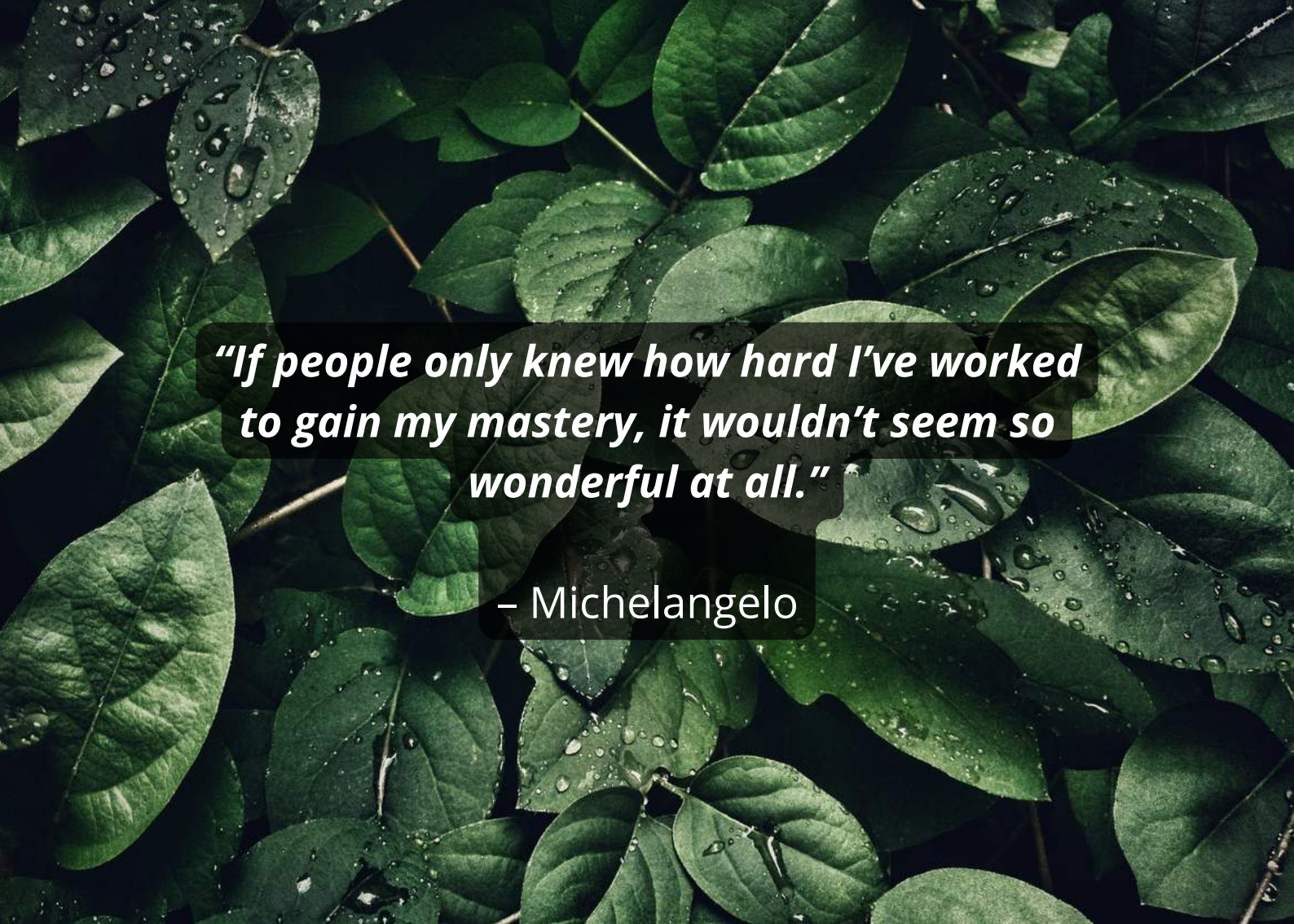
*"You will either  
step forward into  
growth, or you  
will step  
backward in to  
safety"*

- Denis Waitley



Keep calm  
and  
make em' laugh





***"If people only knew how hard I've worked  
to gain my mastery, it wouldn't seem so  
wonderful at all."***

**– Michelangelo**



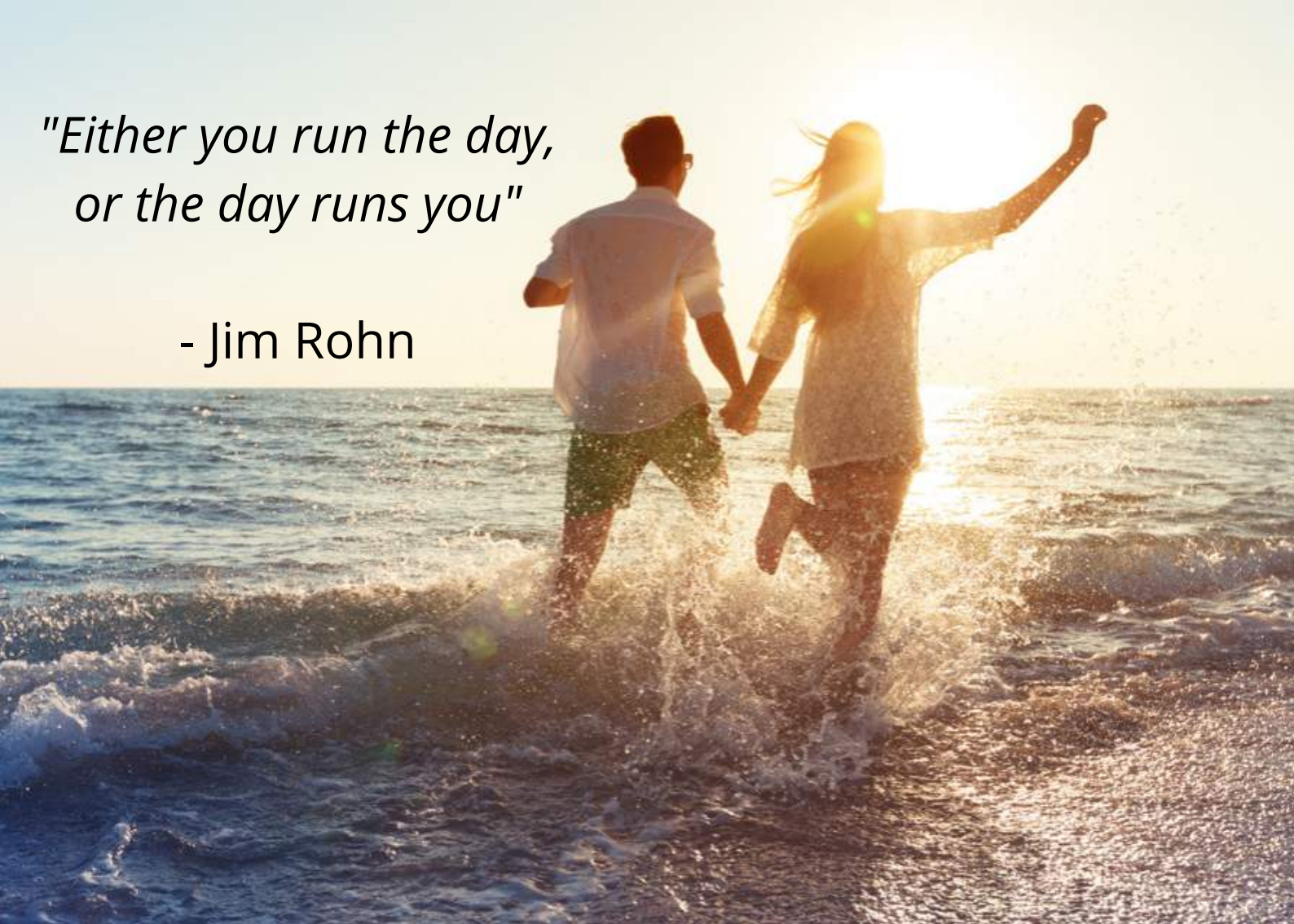
***"Your dream doesn't have an  
expiration date.  
Take a deep breath and try  
again"***

- KT Witten




*"Either you run the day,  
or the day runs you"*

- Jim Rohn

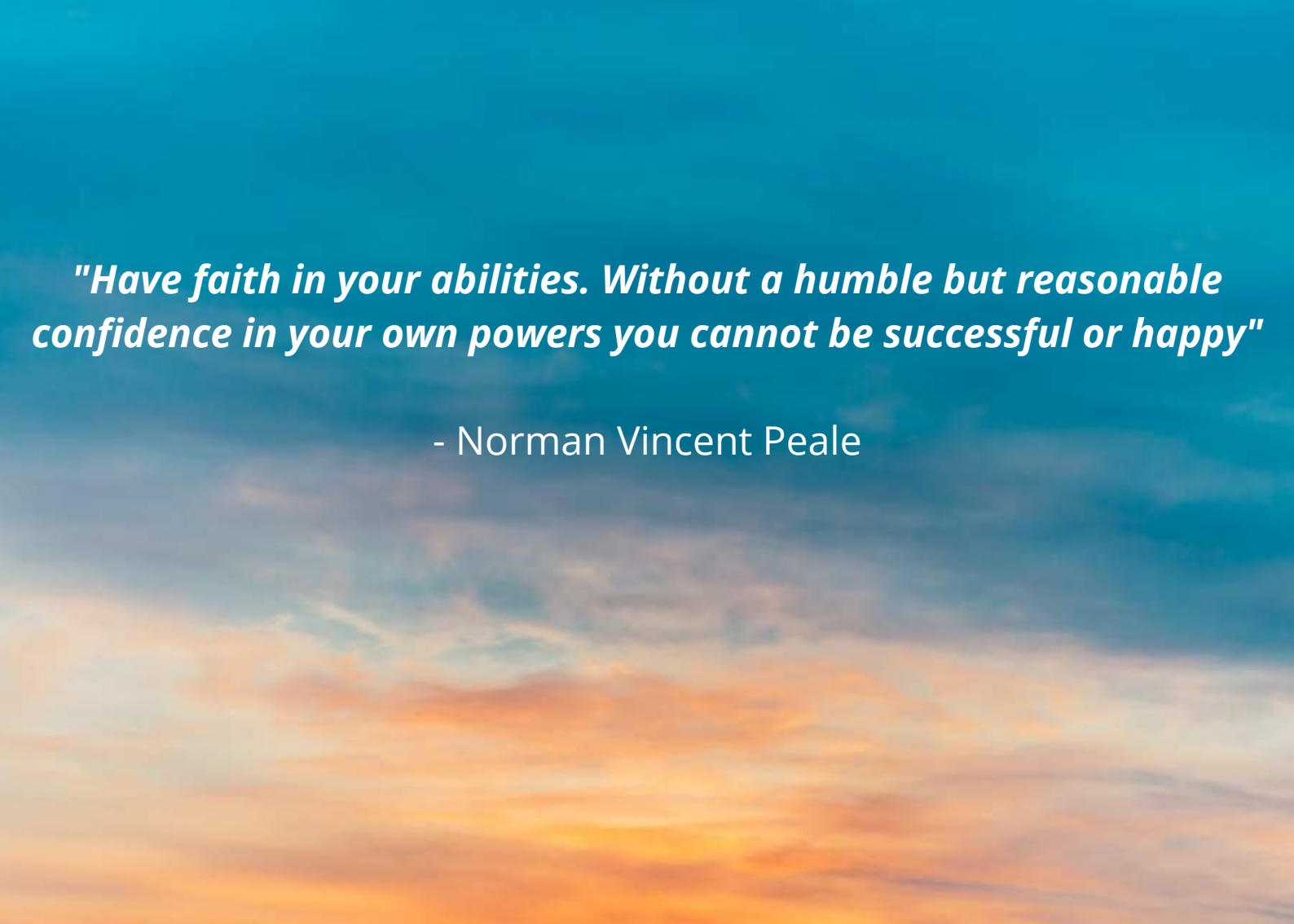






*"Alone we can do so little,  
together we can do so much"*

**- Helen Keller**



***"Have faith in your abilities. Without a humble but reasonable confidence in your own powers you cannot be successful or happy"***

- Norman Vincent Peale

***"If everyone is moving forward together  
then success takes care of itself"***

- Henry Ford








***"Every success story is a tale of  
constant adaptation, revision and  
change"***

**-Richard Branson**

A group of people are silhouetted against a bright sunset in a forest. The sun is low on the horizon, creating a strong backlight effect and lens flare. The people are standing in a line, looking towards the light. The trees are dark and dense, framing the scene.

***"Never believe a few caring people can't  
change the world. For indeed, that's all who  
ever have"***

**-Margaret Mead**




***"If you're always trying to  
be normal, you will  
never know how amazing  
you could be"***

**-Maya Angelou**







***"The difference in winning and  
losing is most often...  
not quitting"***

-Walt Disney

A vast field of sunflowers stretches towards a horizon where the sun is setting. The sky is a warm, golden-orange color, and the sun's glow is visible behind a line of trees in the distance. The sunflowers in the foreground are in sharp focus, showing their bright yellow petals and dark brown centers. The overall mood is peaceful and inspiring.

***"The fruit of your own hard work is the sweetest"***

**-Deepika Padukone**

***“In order to succeed, your desire for success should be greater than your fear of failure.”***

- Bill Cosby







***"Failure doesn't mean the game is over,  
it means try again with experience."***

**– Len Schlesinger**

***"Power's not given to you. You have to take it."***

– Beyoncé



*“However difficult life may seem,  
there is always something you can  
do and succeed at.”*

– Stephen Hawking







***“Striving for success without hard work is like trying to harvest where you haven’t planted.”***

**– David Bly**

***"Success isn't overnight. It's when every day you get a little better than the day before. It all adds up."***

**– Dwayne Johnson**



*"You may encounter many defeats but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it."*

– Maya Angelou






***“Make sure your own worst  
enemy doesn’t live between your  
two ears.”***

**– Laird Hamilton**

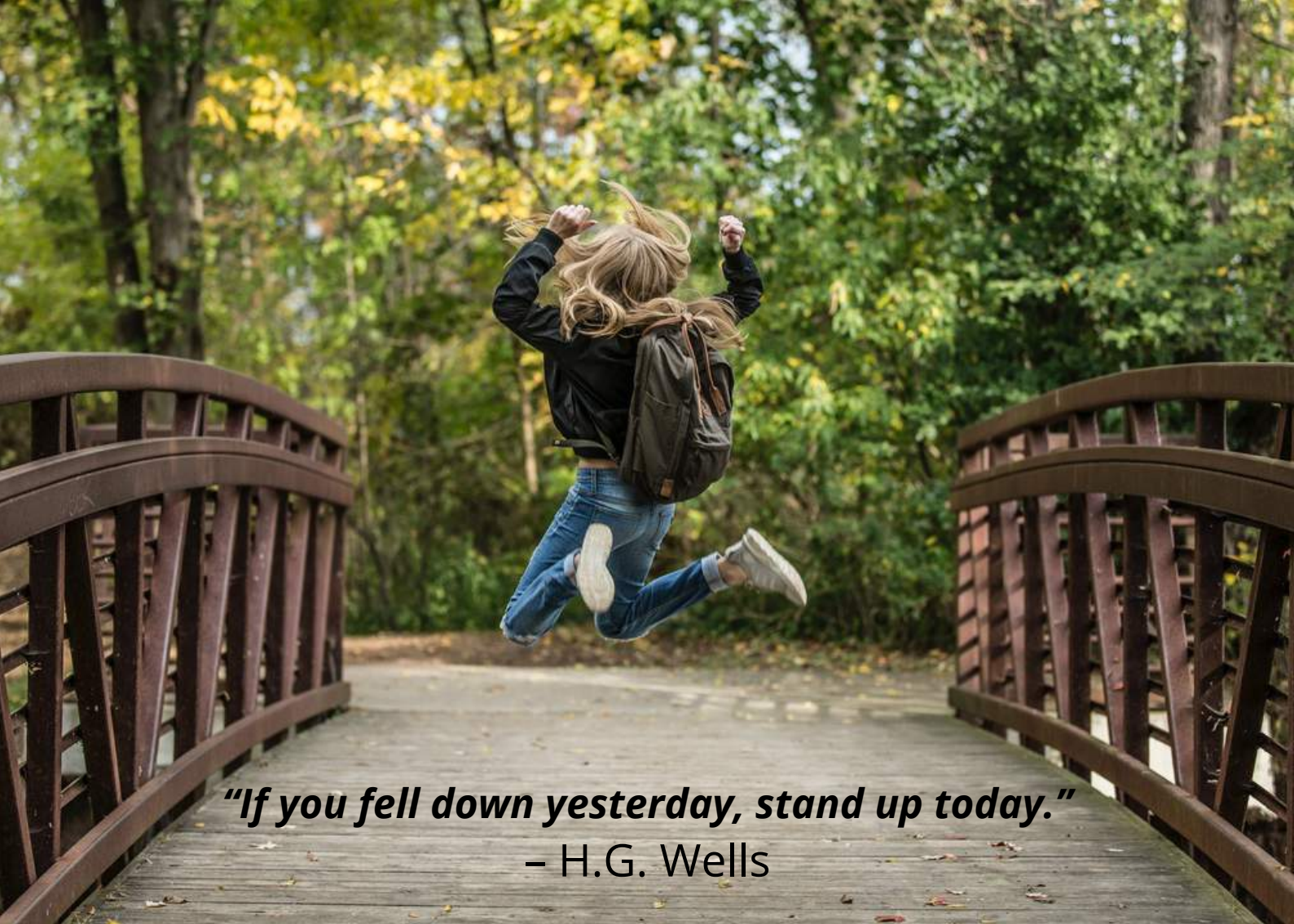


A person with long hair, wearing a light-colored long-sleeved shirt and dark pants, stands on a dirt path in a dense forest. They are looking away from the camera into the woods. Sunlight filters through the trees, creating a dappled light effect on the path and foliage. The forest is filled with tall trees and lush green undergrowth.

***“Good things come to people who wait, but better things come to those who go out and get them.”***

**– Unknown**





***"If you fell down yesterday, stand up today."***  
– H.G. Wells



*"The only way to do great  
work is to love  
what you do"*

- Steve Jobs



*"The way to get started is to quit  
talking and begin doing"*

- Walt Disney



An aerial photograph of a multi-lane highway in a dense urban area. The highway has multiple lanes in both directions, with cars and trucks visible. The surrounding area is filled with tall apartment buildings and some trees. A quote is overlaid on the image in white, italicized text.

*"If you do not go to the  
end, why start?"*

**- Joe Namath**



*"Choose to be optimistic, it  
feels better"*

-Dalai Lama



A photograph of two hikers walking away from the camera on a dirt path through a forest. The hiker on the left is wearing a dark jacket and a backpack with a red circular logo. The hiker on the right is wearing a dark jacket and a grey backpack. The path is surrounded by tall trees and dense foliage, with sunlight filtering through the canopy. The text is overlaid on the lower half of the image.

***"Don't wait until everything is right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now."***

**- Mark Victor Hansen**



***"There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed."***

***- Ray Goforth***







*"There is always time to make right what is wrong."*

- Susan Griffin



***"When you have confidence,  
you can do anything."***

**- Sloane Stevens**

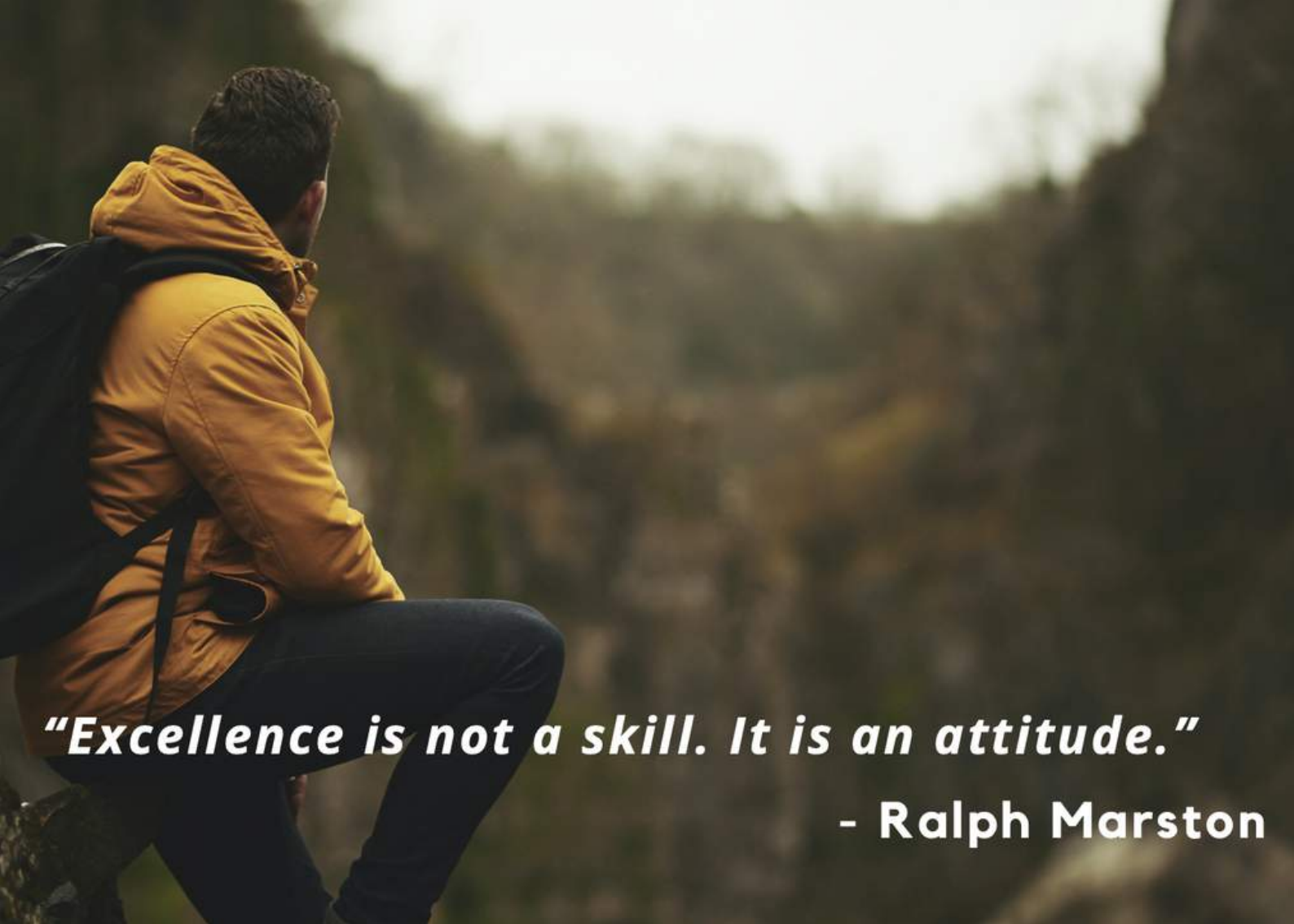




*"The activity you are avoiding contains your biggest opportunity."*


- Robin Sharma





***"Excellence is not a skill. It is an attitude."***

**- Ralph Marston**

A full-page background image of a rugged mountain range. The foreground shows a rocky, brownish-orange ridge. In the background, several jagged mountain peaks are visible, with the central ones appearing in shades of blue and grey, suggesting distance or mist. The sky is a pale, hazy blue.

***"Magic is believing in  
yourself, if you can do  
that, you can make  
anything happen."***

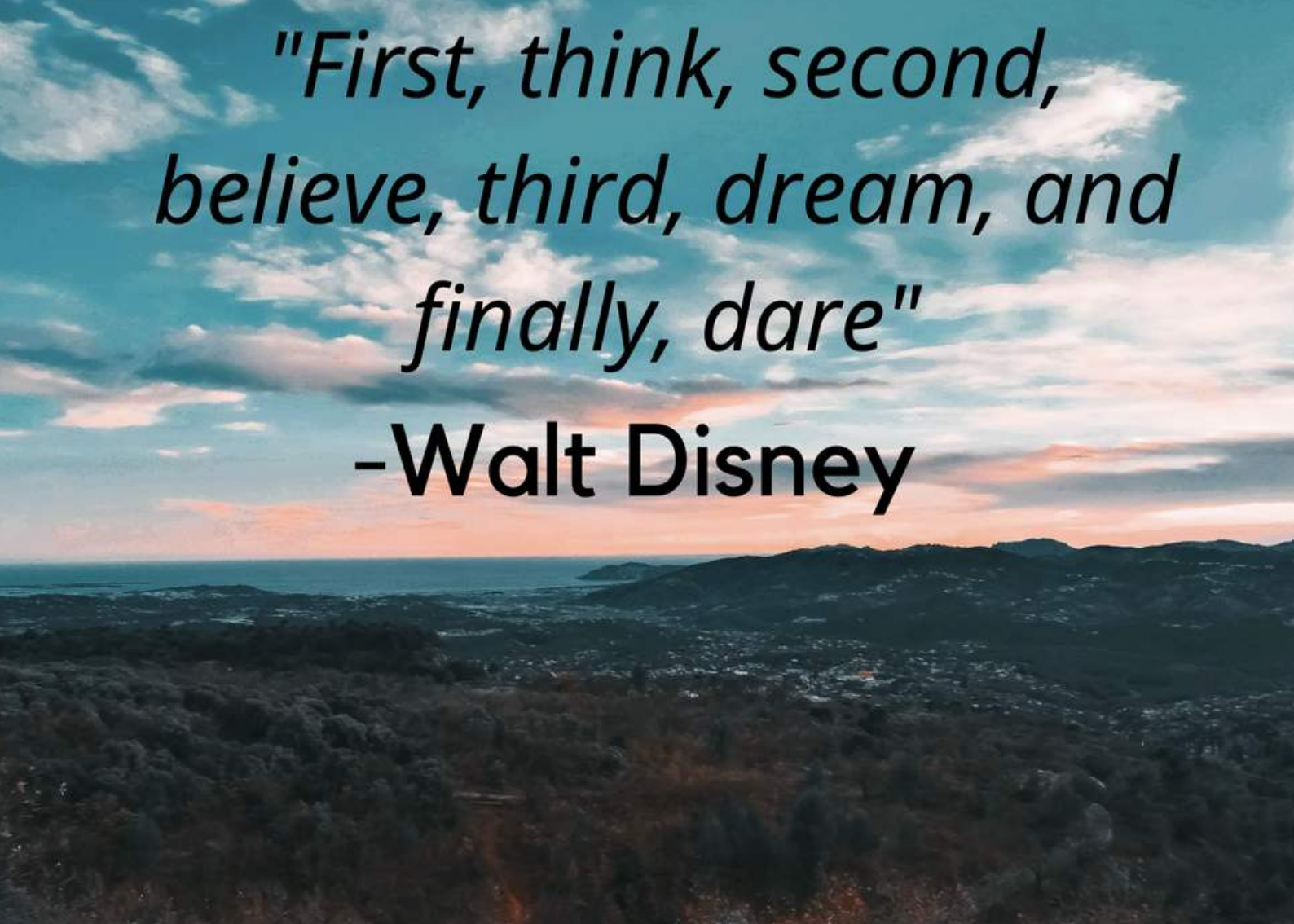
**- Johann Wolfgang von Goethe**

*"If you have no confidence in self, you are  
twice defeated in the race of life."*

**- Marcus Garvey**







*"First, think, second,  
believe, third, dream, and  
finally, dare"*

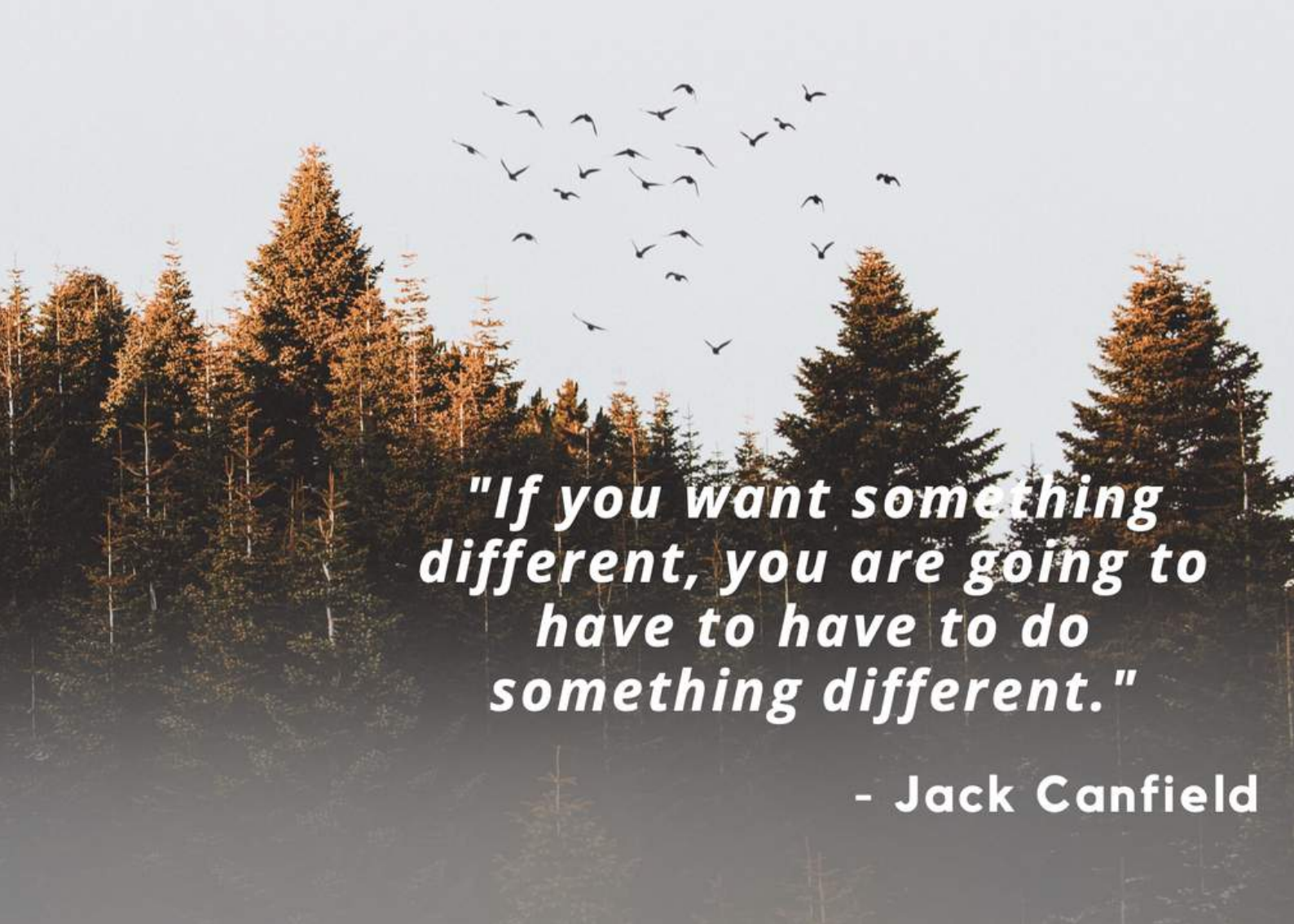
**-Walt Disney**

***"It's not about perfect. It's about effort."***

**- Jillian Michaels**





A flock of birds is flying in a V-formation over a dense forest of tall evergreen trees. The trees are dark green and brown, and the sky is a pale, hazy blue. The birds are small, dark silhouettes against the light sky.

***"If you want something  
different, you are going to  
have to have to do  
something different."***

**- Jack Canfield**



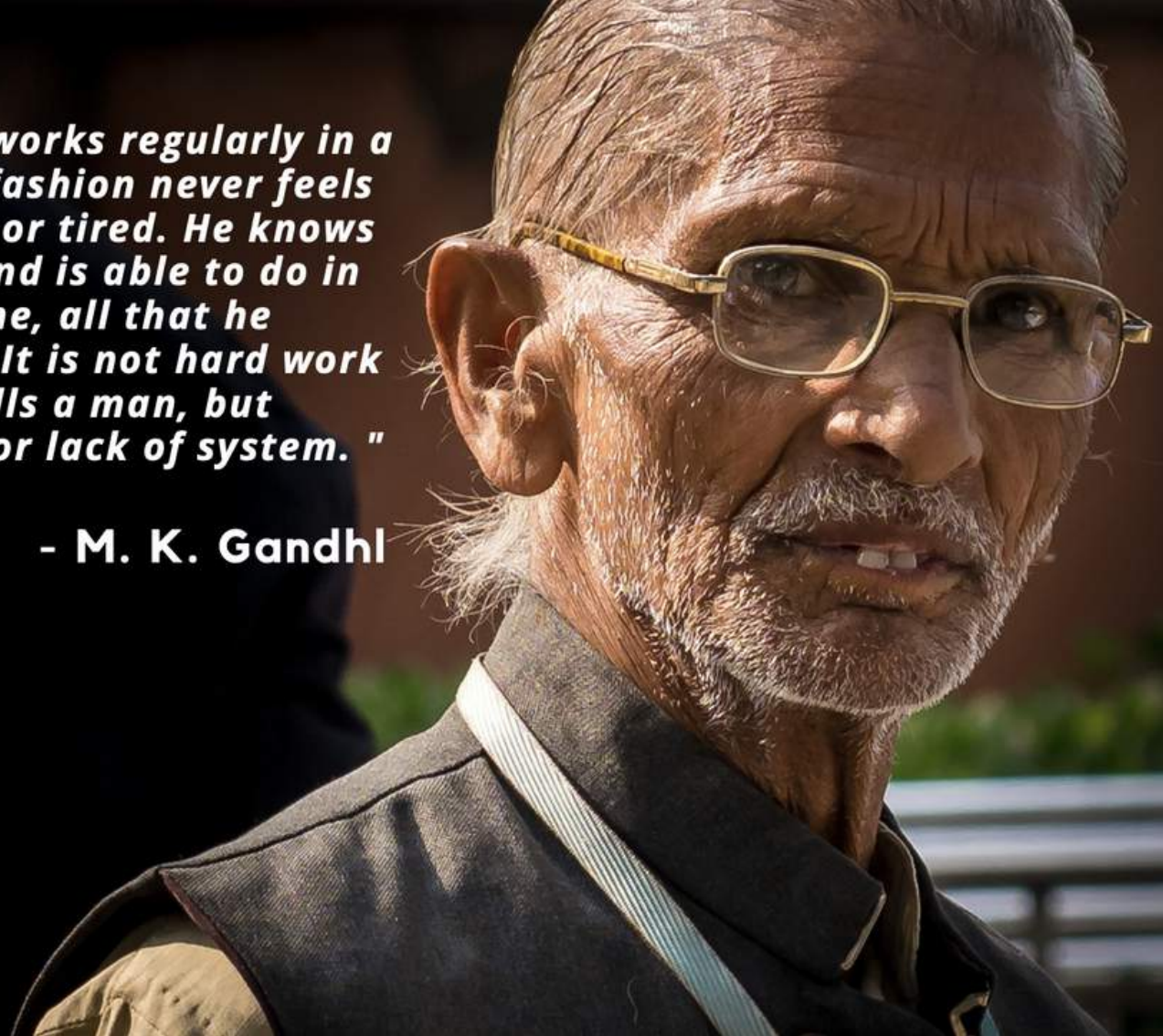


***"I like imperfections – that's what makes you unique."***

**- Hayley Hasselhoff**

***"A man who works regularly in a systematic fashion never feels overworked or tired. He knows his limits and is able to do in fair time, all that he undertakes. It is not hard work that kills a man, but irregularity or lack of system. "***

**- M. K. Gandhl**



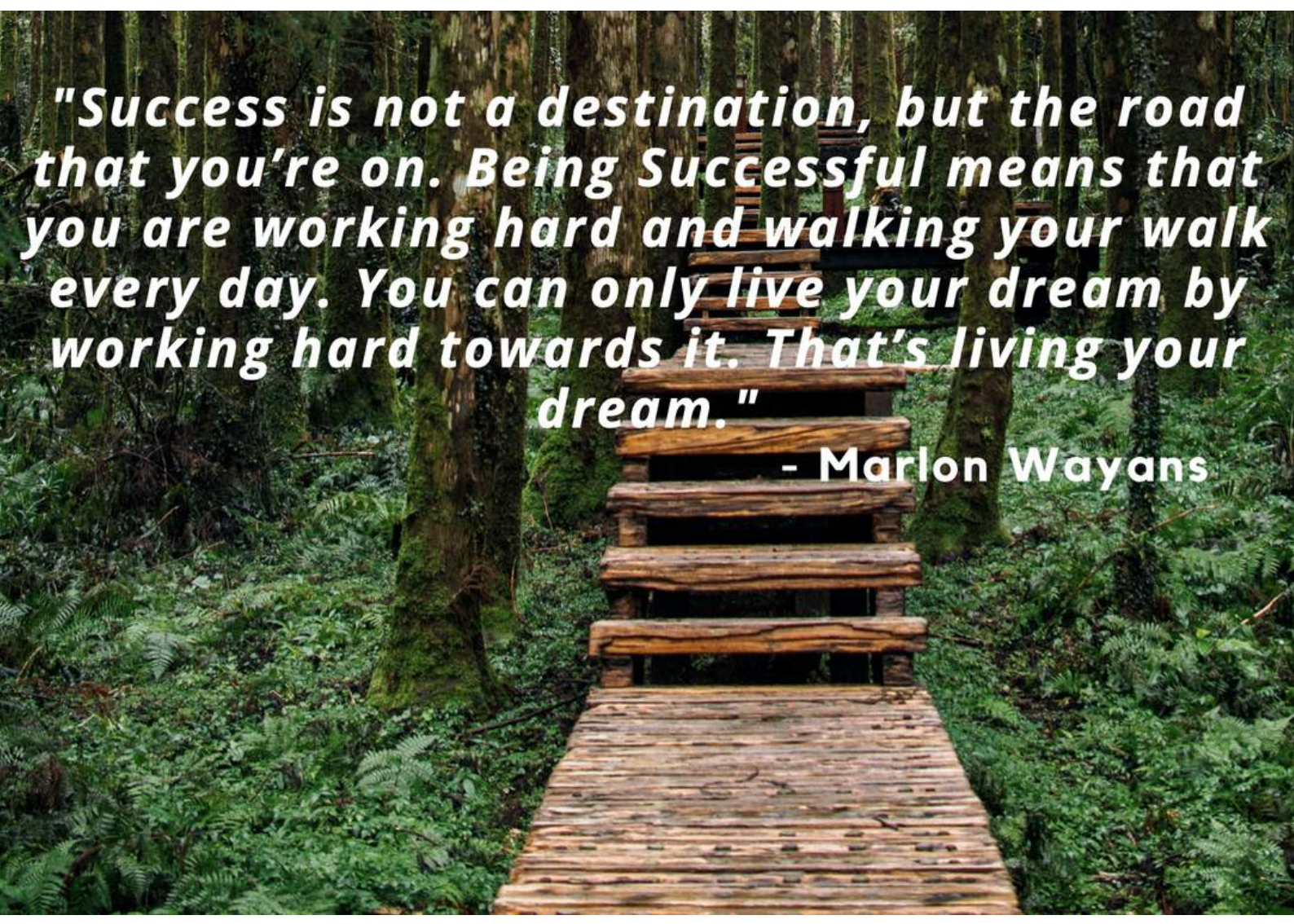




***"Your talents and abilities will  
improve over time, but for  
that, you have to start."***

**- Martin Luther King**



A photograph of a wooden staircase leading up a mossy forest path. The path is surrounded by dense green foliage and tall trees. The text is overlaid on the upper part of the image.

***"Success is not a destination, but the road that you're on. Being Successful means that you are working hard and walking your walk every day. You can only live your dream by working hard towards it. That's living your dream."***

**- Marlon Wayans**



*"Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires to reach their potential."*

**- John Maxwell**



***"Put all excuses aside and remember this  
- you are capable."***

***- Zig Ziglar***







***"Your desire for what you want  
just has to be greater than  
your fear of it. That's all."***

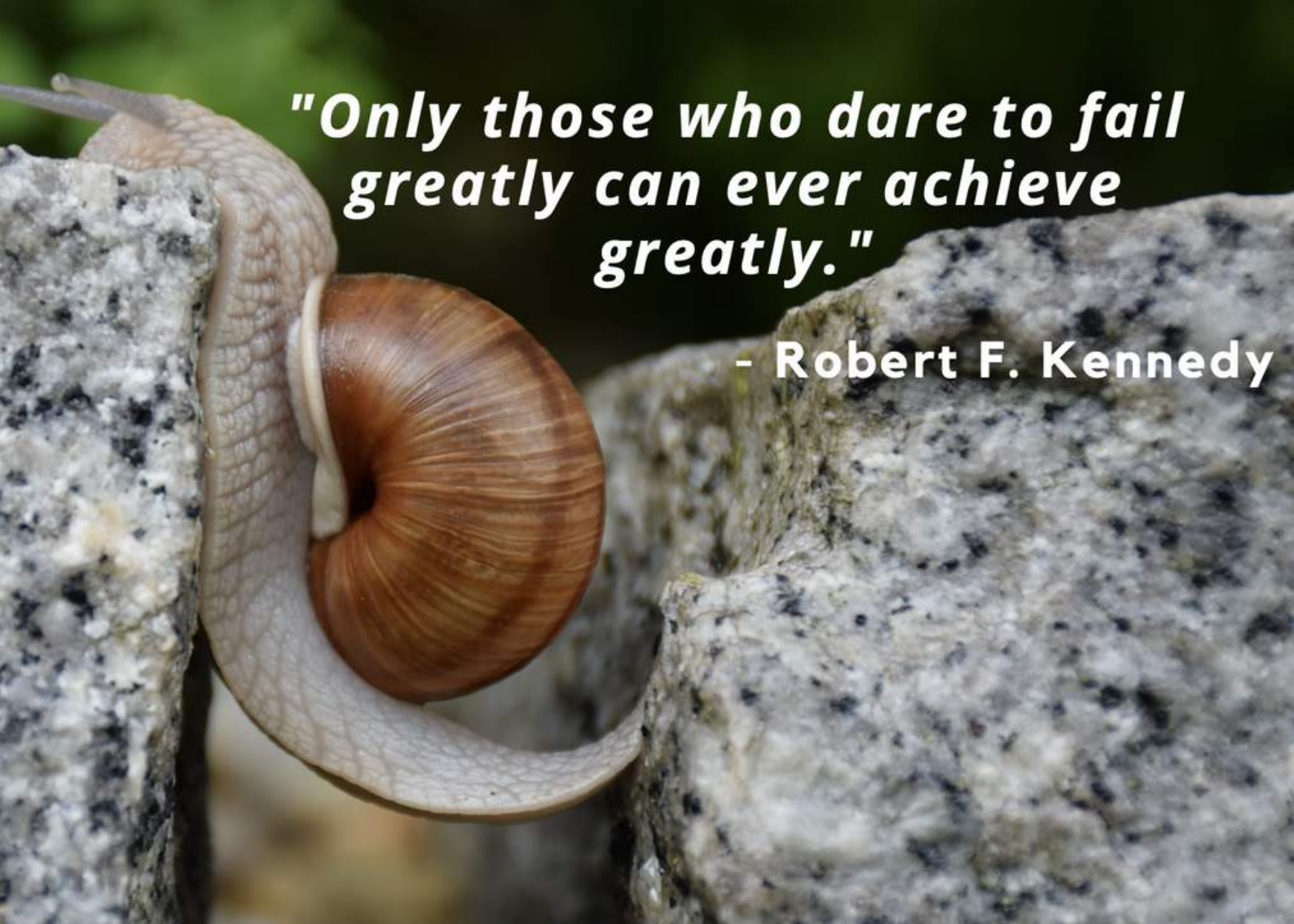
**- Neil Strauss**



***"Success consists of getting up  
just one more time than you fall."***

**- Oliver Goldsmith**



A close-up photograph of a snail with a light brown, spiraled shell and a pale, wrinkled body. The snail is positioned on the left side of the frame, clinging to a grey, speckled rock. Its head and antennae are extended towards the top left. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. Overlaid on the right side of the image is a quote in white, italicized text, and below it, the name Robert F. Kennedy in white, bold text.

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

**- Robert F. Kennedy**



A gravel path winds through a forest with large trees. The path is made of light-colored gravel and is flanked by green grass and large, mature trees with thick trunks. The trees are mostly deciduous with green leaves, and the path leads into the distance, curving slightly to the right.

***"Ambition is the path to success.  
Persistence is the vehicle you  
arrive in."***

**- Bill Bradley**

*"Attitude is a little thing that makes a big difference"*

**-Winston Churchill**





A person with a backpack is walking away from the camera on a long, narrow wooden railway bridge. The bridge is made of dark wooden planks and metal rails. In the background, a town with houses and a church spire is visible under a bright, hazy sky. The sun is low on the horizon, creating a lens flare effect on the bridge's surface.

***"Success is a journey, not  
a destination."***

**- Arthur Ashe**



An aerial photograph of a vast, dense forest. A river flows through the lower-left portion of the image, its surface reflecting the sky. The forest is composed of various shades of green, indicating different types of trees and foliage. In the far distance, a hazy horizon line separates the forest from a pale sky. The overall atmosphere is serene and majestic.

***"Set tough goals and do  
not stop until you get  
there."***

**- Bo Jackson**





*"Always be yourself and have faith in yourself."*


- Bruce Lee

A person is seen from behind, sitting on the end of a wooden dock that extends into a calm lake. The person is wearing a dark, patterned sweater. The lake's surface is still, reflecting the surrounding landscape. In the background, there are steep, rugged mountains covered in patches of snow and evergreen trees. The sky is overcast and grey. The overall mood is peaceful and contemplative.

*"Accomplishing goals is not success. How much you expand in the process is."*

**- Brianna Wiest**





***"A pessimist sees the  
difficulty in every  
opportunity; an optimist  
sees the opportunity in every  
difficulty."***

**- Winston Churchill**

*"I find that the harder I work, the more luck I seem to have."*

**- Thomas Jefferson**







*"Happiness is not something ready  
made, it comes from your own  
actions"*

**-Dalai Lama**



A photograph of a stone archway, likely a tunnel entrance, leading to a dirt path that winds through a lush green forest. The arch is constructed from rough-hewn stones. The path is illuminated by sunlight filtering through the trees, creating a bright contrast with the dark interior of the arch. The forest is dense with various green plants and trees.

***"The only limit to our realization of tomorrow will be our doubts of today."***

**- Franklin D. Roosevelt**



The background of the image is a sunset over a body of water. The sky is a gradient of orange and red, with a bright yellow sun partially submerged on the horizon. Several birds are silhouetted against the sky, flying in various directions. The water in the foreground is dark and calm.

***"Quality is never an accident,  
it is always the result of an  
effort of intelligence."***

**- John Ruskin**



***"You always have a choice."***

**-Harvey Specter**





***"Optimism is the faith that  
leads to achievement. Nothing  
can be done without hope and  
confidence."***

**- Helen Keller**

***"Success comes from knowing  
that you did your best to  
become the best that you are  
capable of becoming."***

**- John Wooden**





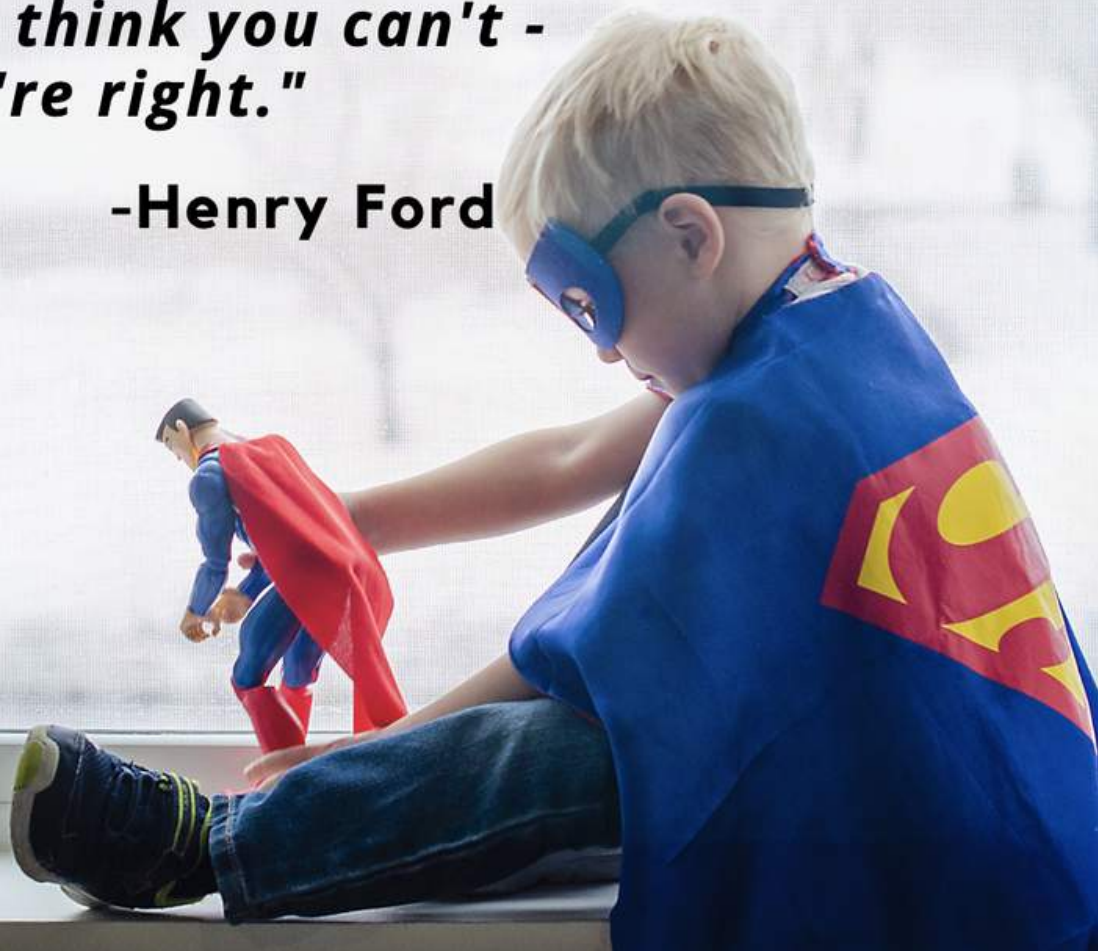
***"Successful people are not gifted; they just work hard, then succeed on purpose."***

**- G.K. Nielson**



***"Whether you think you  
can, or you think you can't -  
you're right."***

**-Henry Ford**







***"All progress takes place outside of your  
comfort zone."***

**- Michael John Bobak**

A photograph of a sunset or sunrise over a vast, undulating sea of white clouds. The sun is a bright, glowing orb positioned centrally on the horizon, casting a warm, orange and yellow light across the sky and reflecting off the tops of the clouds. The sky transitions from a deep orange near the horizon to a pale blue at the top. The clouds are dense and textured, with some peaks catching the low light of the sun, creating a shimmering effect.

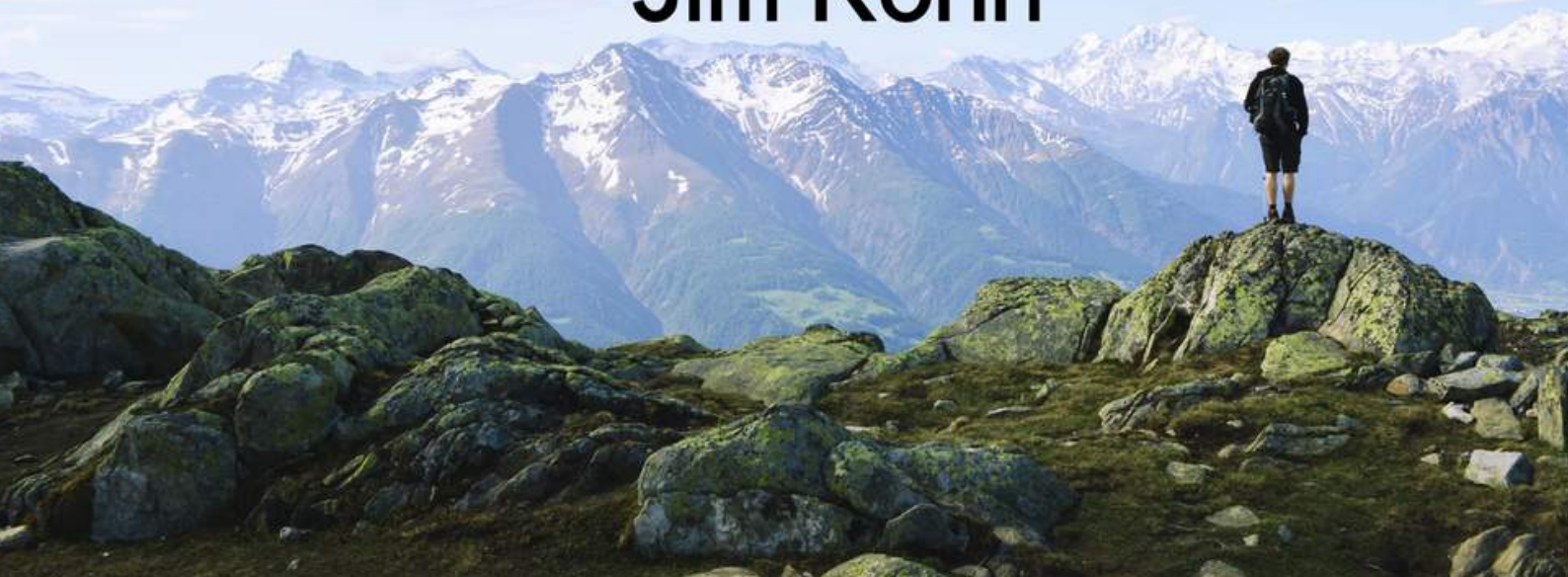
*"Work hard in silence, let your  
success be your noise"*

**-Frank Ocean**



*"You must take personal responsibility. You cannot change the circumstances, the seasons or the wind, but you can change yourself. "*

**-Jim Rohn**



A photograph of a library aisle. On the left, tall wooden bookshelves are filled with books. On the right, a series of warm-toned incandescent light bulbs hang from the ceiling, creating a soft, ambient glow. The perspective is looking down the aisle, with the shelves and lights receding into the distance.

***"Nothing is firmly believed as  
that which we least know."***

**- Michel de Montaigne**





***"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'."***

**- Mary Anne Radmacher**



***"It always seems impossible  
until it's done."***

**- Nelson Mandela**



A landscape photograph of a grassy hill with a rocky peak. The sky is blue with scattered clouds, and a vibrant rainbow is visible in the upper right corner. The foreground is filled with green vegetation.

***"Nothing is more difficult, and  
therefore more precious than to  
be able to decide."***

**- Napoleon**



***"Change your thoughts and you  
will change your world."***

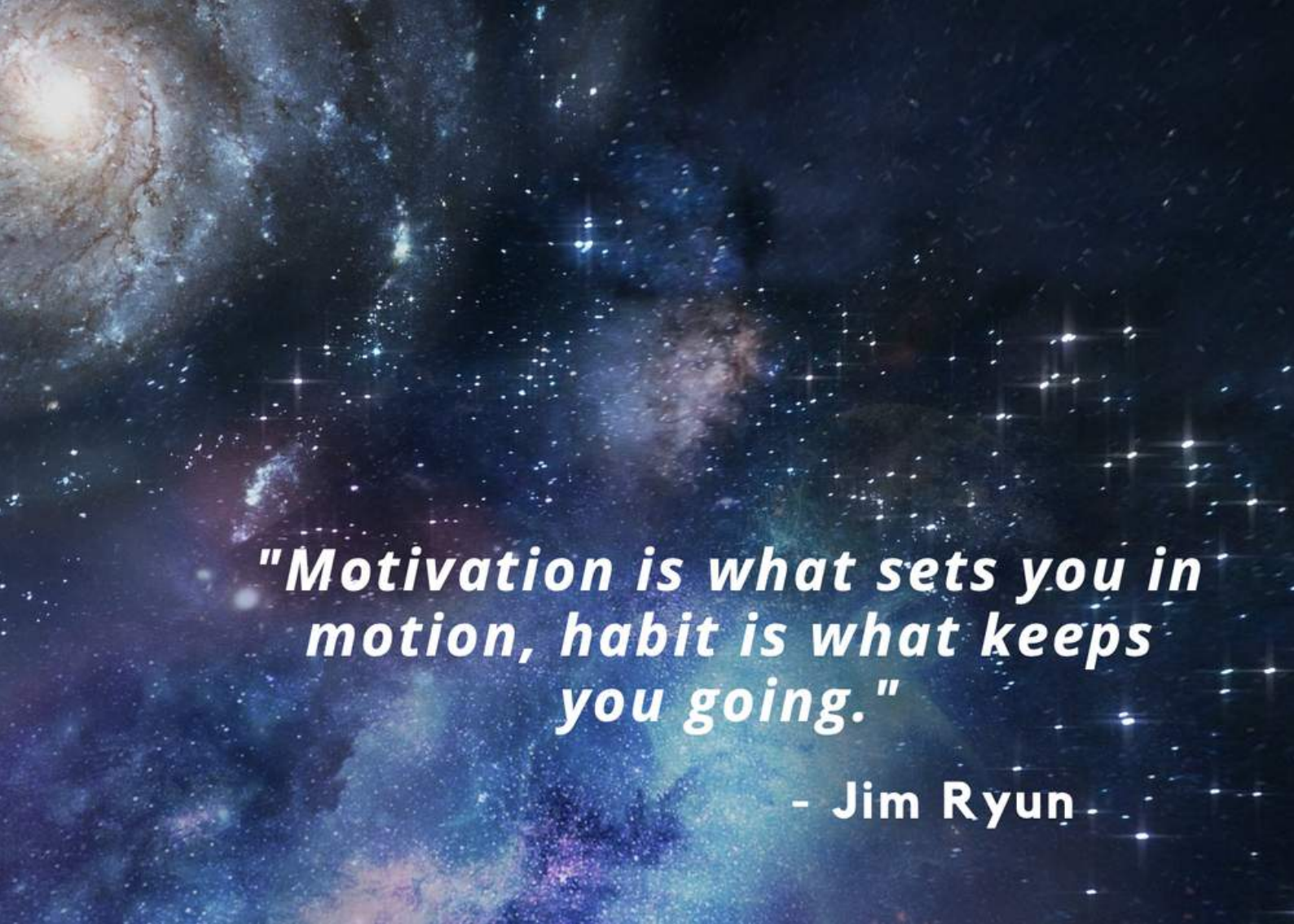
**- Norman Vincent Peale**



***"It is confidence in our bodies, minds,  
and spirits that allows us to keep  
looking for new adventures."***

**- Oprah Winfrey**





***"Motivation is what sets you in motion, habit is what keeps you going."***

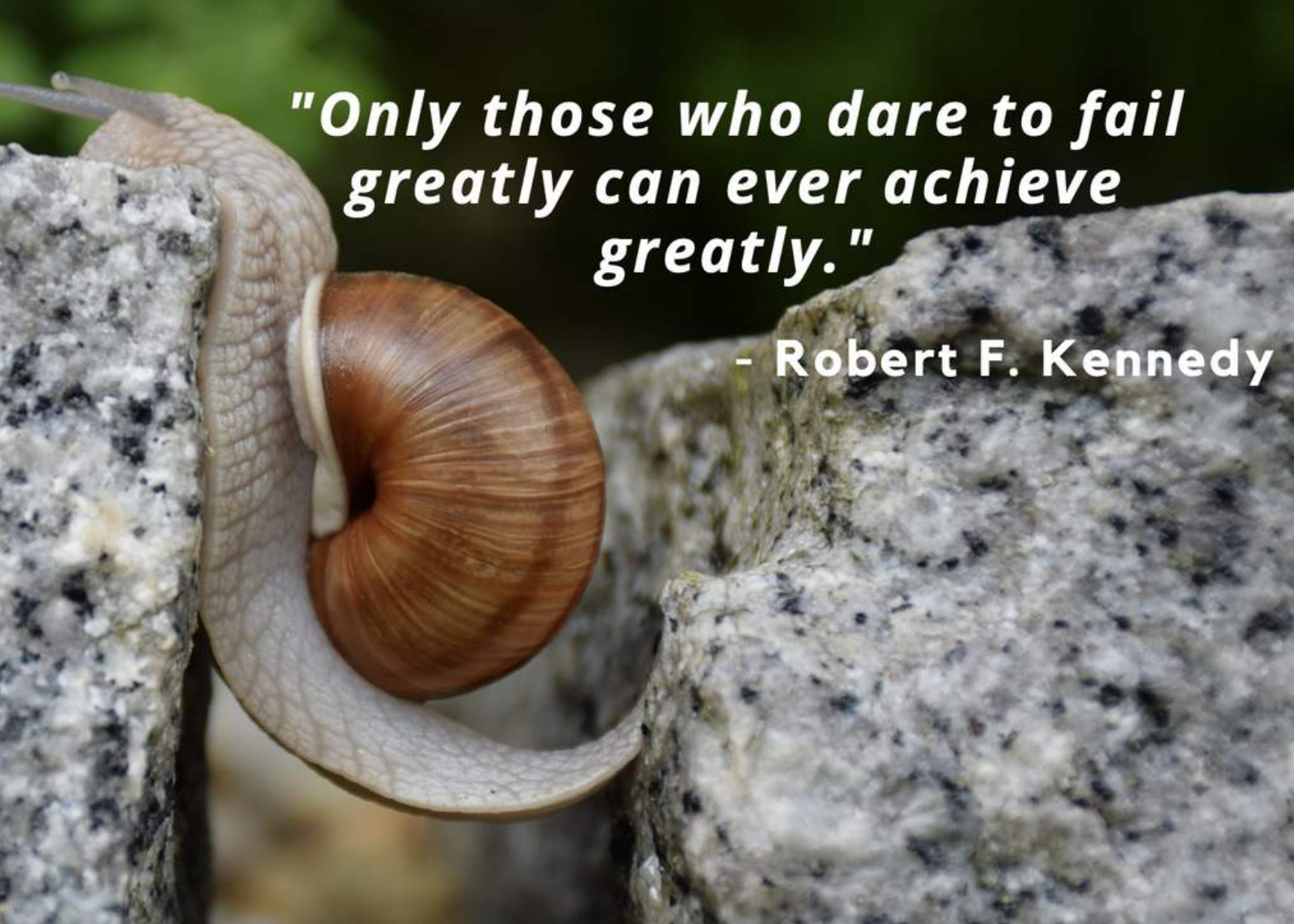
**- Jim Ryun**



***"What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose."***

**- Margaret Thatcher**





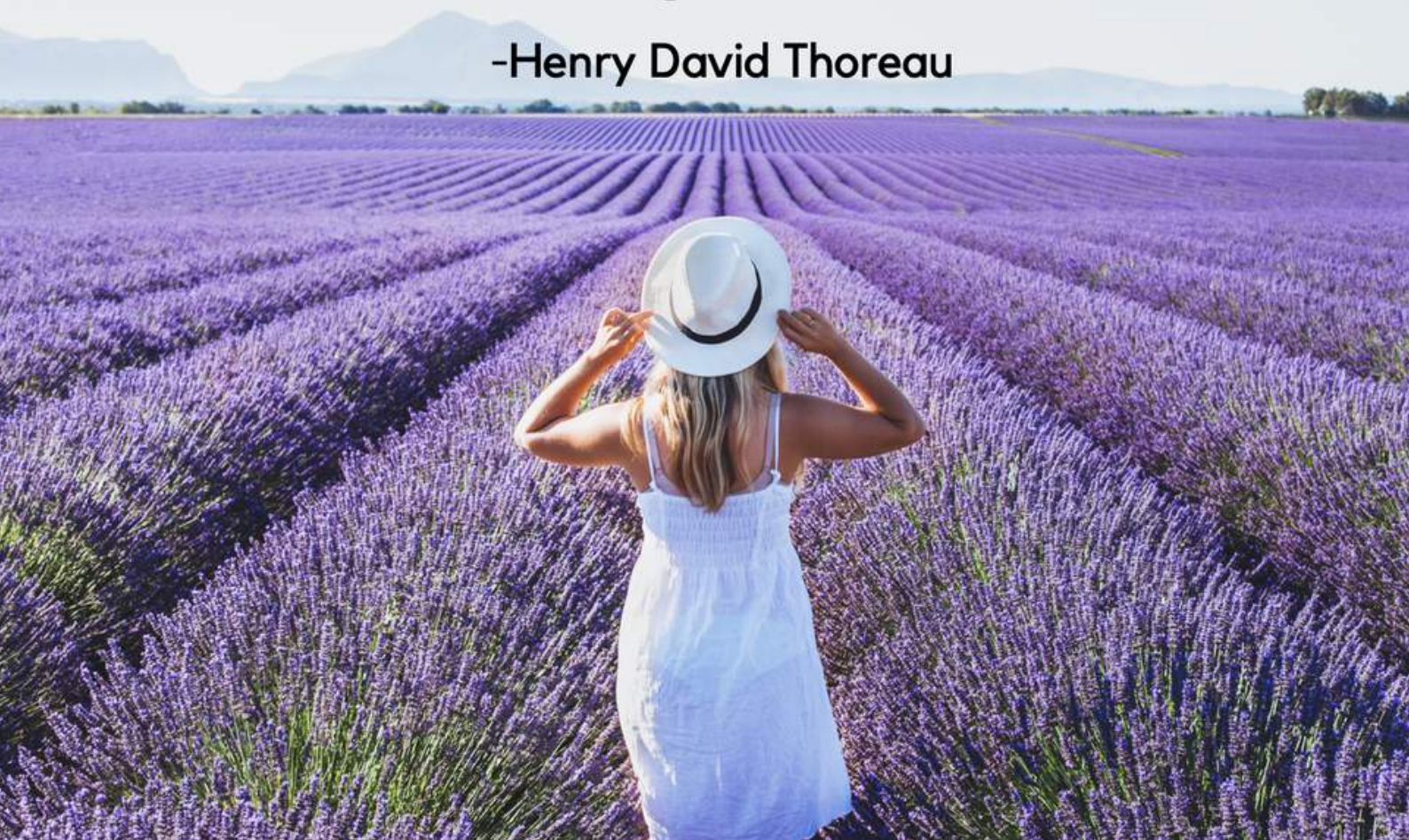
***"Only those who dare to fail  
greatly can ever achieve  
greatly."***

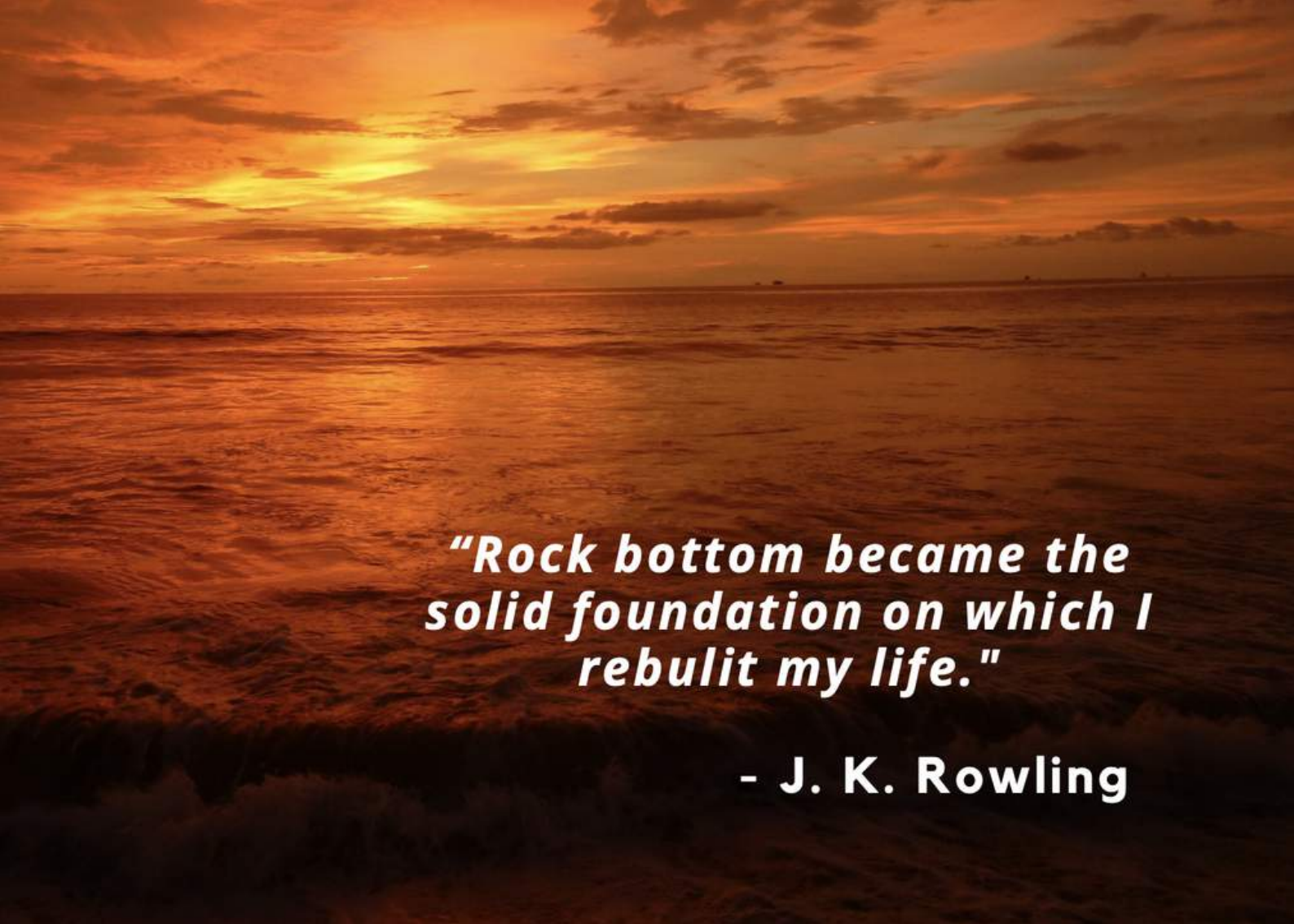
**- Robert F. Kennedy**



*This world is but a canvas to our  
imagination*

-Henry David Thoreau



A full-page background image of a sunset over the ocean. The sky is filled with orange and yellow clouds, and the sun is low on the horizon, creating a bright reflection on the water. The ocean surface is textured with small waves. In the foreground, there are dark, silhouetted rocks.

***"Rock bottom became the  
solid foundation on which I  
rebuilt my life."***

**- J. K. Rowling**



***"The darkness of the soul is not  
lighted by moving the body to  
another place."***

**-Easlen Proverb**



A first-person perspective of someone standing on railroad tracks. The person's legs and feet, wearing black pants and black sneakers, are visible at the bottom of the frame. They are standing on a wooden rail tie between two rusty metal rails. The ground is covered with dark, jagged gravel. To the right, there is some green ivy growing on a wall or structure. The text is overlaid on the upper part of the image.

*"Success is finding satisfaction in  
giving a little more than you  
take."*

**- Christopher Reeve**





***"Talent without working hard is nothing."***

**- Cristiano Ronaldo**



*"The moment you doubt  
whether you can fly, you cease  
forever to be able to do it."*


**- J. M. Barrie**



An underwater photograph showing a large school of small, dark fish swimming in clear blue water above a vibrant, colorful coral reef. The fish are scattered across the middle ground, moving in various directions. The coral reef at the bottom is a mix of dark and light colors, with some orange and yellow patches. The water surface is visible at the top, with some light reflecting off it.

***"Positivity, confidence, and persistence  
are key in life, so never give up on  
yourself."***

**- Khalid Donnel Robinson**



***"Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenges, for more wisdom. "***

**- Jim rohn**





***"Action is a great restorer and builder of confidence. Inaction is not only the result but the cause, of fear."***


**- Norman Vincent Peale**

*"I have failed again and again  
throughout my life. That's why  
I've been successful."*

**- Michael Jordan**







***"With confidence, you have won before  
you have started."***

**- Marcus Garvey**

A photograph of a dense forest with tall, slender trees. Sunlight filters through the canopy, creating a warm, golden glow on the forest floor and the lower parts of the trees. The ground is covered with green ferns and other undergrowth. The overall atmosphere is serene and natural.

***"Learning without thinking is  
useless. Think without learning,  
dangerous."***

**- Confucius**



***"Many of life's failures are people who did not realize how close they were to success when they gave up."***

**- Thomas Edison**

