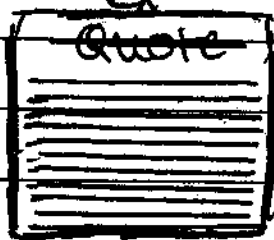


# Daily Sayings

by April Barber Scales

- My vision for the cover is a light paisley print with bold, black Comic Sans, Algerian, or Times New Roman font whichever you think looks the best

- It also would like journal entry lines below each quote. One quote per page  
14-16 Font size



- Adjust the picture on the About the Author page as needed

Quotes

365

Thought provoking  
quotes for every  
day of the year

April Scales

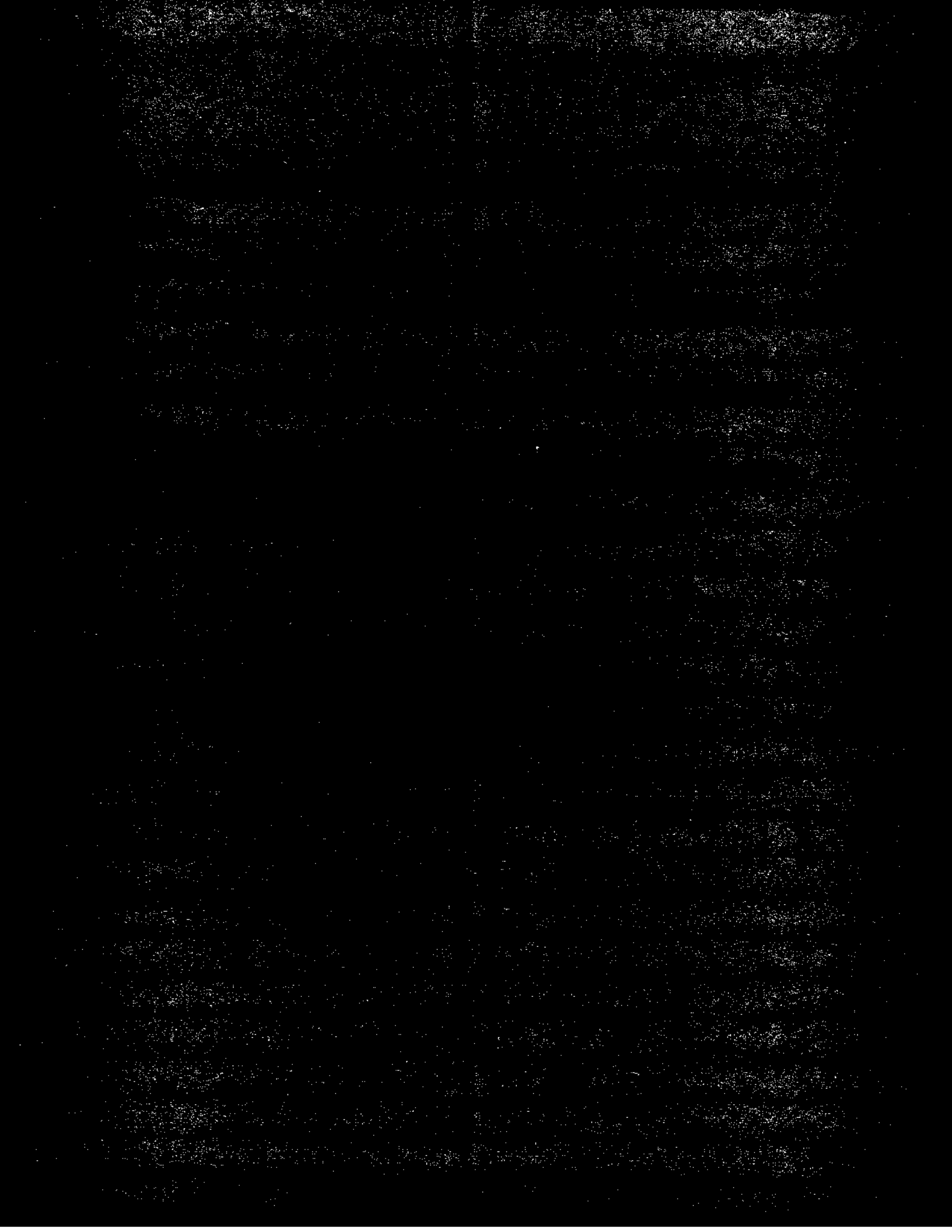
# Inside Cover

I never realized the impact that quotes made on our lives until I began compiling them. I hope that these quotes inspire and empower everyone who reads them.

Use the journal entry lines to jot down your thoughts and reflect on them later.

**This Book is dedicated to Stacy,  
She always believed that my words  
could make a difference**





- 22] You cannot con me out of my confidence.
- 23] You are amazing just the way you are.
- 24] Competition builds confidence.
- 25] I am infallible!
- 26] Mind over matter. If you don't mind, it doesn't matter.
- 27] I am the ruler of this roost!
- 28] I am not a pair of jeans, you will never label me.
- 29] S.T.O.P. {Sit down, think about it, observe, pray}
- 30] Get comfortable with being uncomfortable.
- 31] If it doesn't concern you, it just doesn't concern you.
- 32] The loudest dog rarely bites.
- 33] You can never elevate to my level.
- 34] Don't do something "Just for today". Do it tomorrow as well.
- 35] Own the You that you see in the mirror.

- 36] Generate kindness today.**
- 37] Empower yourself and others with love.**
- 38] Don't let your externals change your internals.**
- 39] Appreciate your loved ones before they depreciate you from their lives.**
- 40] You are worthy, not worthless.**
- 41] Don't let your fear overrun your courage.**
- 42] The hardest story to tell is your own.**
- 43] The only high you need is adrenaline.**
- 44] My heart comes with the sticker "FRAGILE", do not break.**
- 45] Wisdom is your youth in training.**
- 46] There is a time to win, a time to lose, and a time just to play the game for fun.**
- 47] It never feels better to have loved and lost than to have never loved at all.**
- 48] My love for you is like the sun—effervescent.**



- 49] **Negativity is like cancer, it will eventually kill you.**
- 50] **Treat life like a checkbook and find balance.**
- 51] **Bad friends are like split ends, cut them, and throw them away.**
- 52] **Options are great, never relinquish yours.**
- 53] **Days are like variables in math, they can go either way.**
- 54] **Do you ever feel like a red brick in a white wall?**
- 55] **The true answer lies within.**
- 56] **When you truly know yourself, you will never be lonely.**
- 57] **When you apologize for the same act more than once, you meant to do it in the first place.**
- 58] **How much beauty do you behold?**
- 59] **New things can be scary to learn but they are necessary for growth.**
- 60] **Rain water cleanses the earth; crying cleanses your soul.**

- 61] If you wrote a definition for yourself, what would it say?**
- 62] You can't control the weather, but you can control your tongue.**
- 63] Always tell the truth, your honor is at stake.**
- 64] You never know what you can get through until you look back and see that you've gotten through it.**
- 65] Procrastination throws you farther behind.**
- 66] Your actions cause another person's reactions.**
- 67] Manage your time wisely. Life is too short to waste.**
- 68] The mind is like a rubberband, it could snap at any moment.**
- 69] You don't know what you're missing unless you've had it.**
- 70] Hatred and racism are like cigarettes, they will kill you if you don't quit.**
- 71] Laughter is the best medicine. Don't forget your**

**daily dose.**

**72] If you think you're in complete control, you are crazier than you think.**

**73] Allow silence to calm your mind.**

**74] You cannot explore the world with a closed mind.**

**75] You don't have to bend over backwards, but you do have to remain flexible.**

**76] Don't allow your resentments to hold you back.**

**77] Your beauty reflects how you perceive things.**

**78] Toss your fears out with the trash.**

**79] Observation leads to education.**

**80] All work and no play leads to a boring life.**

**81] Action  $\neq$  Reaction = Consequence. Think before you act.**

**82] Compassion can be therapeutic.**

**83] Stop making excuses and ditch at least one habit.**

**84] Sex is like medication, it comes with a warning and side effects.**

**85] Opportunities occur when you step outside of your comfort zone.**

**86] Don't wait until a rainy day to fix the roof.**

**87] If you save your pennies, the dollars will take care of themselves.**

**88] Sometimes you must agree to disagree.**

**89] Wake up wanting to be the best possible version of yourself.**

**90] Whatever you are going through, continue to go through it and put it behind you.**

**91] A child is not a mistake, it is God's on purpose.**

**92] You will gain so much more when you learn to live with less.**

**93] When you treat your body as a temple, it will worship you in return.**

**94] Listen to your body, it will let you know when it**

needs a tune up.

95] Inner beauty never dies.

96] You can mend a broken nail, but you cannot mend a broken promise.

97] To know then what I know now would make me a genius.

98] When you have no limits, you are destined to go over the edge.

99] If we weren't supposed to be judgmental, why were we given the ability to judge?

100] A house is not the same as a home.

101] You are a model even when you are not on the runway.

102] Even adults occasionally need a "time out".

103] No two cookies are cut the same, one will always rise higher than the other.

104] People are like sieves, you've gotta sift through them.

- 105] Don't play dumb or your act may become reality.**
- 106] It's okay to stumble or fall but it's not okay to stay there.**
- 107] Good things may come to those who wait but good things come faster when you go after them.**
- 108] Run towards love. Walk away from hate.**
- 109] Time doesn't always heal all wounds.**
- 110] Eat because it's nutritious, not because it's delicious.**
- 111] Prayer is as basic as ABC. Ask and you shall receive.**
- 112] Relationships are like candles, you cannot burn them at both ends.**
- 113] Work with what you have and make it into what you want.**
- 114] Life is like a story - it has a beginning, middle, and end.**

- 115] How can we achieve balance when we view things one - sided?
- 116] Death wouldn't be so bad if it wasn't permanent.
- 117] The mind is like a light switch - it cuts off, on, and flickers.
- 118] Begin each day with a 24 hour purpose.
- 119] Don't let your tongue be the death of you.
- 120] You can have the last word with silence.
- 121] What if I could remember everything I've forgotten?
- 122] Let your strengths overthrow your weaknesses.
- 123] Honestly speaking, everyone has some form of prejudice.
- 124] Hang your R. {random} A. {acts} C. {caring} and K {kindness} for the world to see. R.A.C.K
- 125] All you need is to feel safe and stable.
- 126] Survival is never an option. It is the only choice.

127] Give away all of the love that you want to receive.

128] You possess all of the tools you need in order to build something great.

129] When people envy you, it means that you're doing something right.

130] A compliment can go a long way.

131] Confusion means that you need to stop and take a breath.

132] ~~I do have a shape. Isn't round one of the basics?~~ Acknowledge it. Feel it. And let it go.

133] Yeah Mell Be your own cheerleader!

134] Is being stubborn a permanent trait?

135] Everything broken cannot be fixed.

136] I was lucky enough to be the Chosen One.

137] The ones that didn't think I'd succeed pushed me harder than those that knew I would.

138] Will your actions limit you or liberate you?



**139] Have you ever opened your mouth and regretted it?**

**140] Upgrade your femininity/masculinity.**

**141] The last time that I thought I was right, I was wrong.**

**142] Humility is a beautiful characteristic.**

**143] Cheaters don't change!!**

**144] Be your child's superhero.**

**145] You deal with the hand that life deals you, sometimes you win, sometimes you lose, and sometimes you've gotta call it a draw.**

**146] A broken mind cannot heal on its own.**

**147] Every cut cannot be covered with a bandaid.**

**148] Biting your tongue can be really painful at times.**

**149] Wisdom will come, just give it some time.**

**150] What you want isn't always what you need.**

**151] No is always an option.**

**152] Tears are the rivers of life, don't be afraid to let them flow.**

**153] Time isn't for sale.**

**154] You cannot place a half bet, it's all or nothing.**

**155] You'll never find what you need if you stop looking.**

**156] You don't need coercion to do a good deed.**

**157] Reaching the mountain top is not as important as the climb.**

**158] Don't allow your crutches to cripple you for life.**

**159] Closeness only counts in horseshoes and handgranades.**

**160] There's always one who's not going to like the person you've become.**

**161] Problems are like flat tires, if you don't fix them you'll never reach your destination.**

**162] If you reach perfection, then you have nothing to aim for.**

**163] Although prayers are done in the dark, we often see the answer in the light.**

**164] Our true friends see our flaws before we do and still like us.**

**165] Possibilities are limitless.**

**166] Your potential holds no boundaries.**

**167] Let go of the vices that have a hold on you.**

**168] You can find serenity among chaos. Look inside yourself for peace.**

**169] There's never a winner in the war of words.**

**170] Never begin the day in a bad mood.**

**171] Memories only happen once in a life time.**

**172] Staying angry is a waste of an emotion.**

**173] If ideas were lightbulbs, how bright would your world be.?**

**174] Revere those who raised you, they didn't have**

to do it.

175] Discipline comes from the desire to do better.

176] Don't insult my intelligence with your stupidity!

177] The question was in the climb, the answer was in the fall.

178] Those who walked before you softened your path.

179] You may not be the one who discovers your gifts [talents].

180] You cannot plant the seed of wisdom.

181] Dreams ~~can~~<sup>do not</sup> only come true ~~only~~ when you're asleep.

182] Lying only buys time for more lies.

183] Our forked paths will eventually cross.

184] My eyes may be closed but my ears are open.

185] Misery doesn't love company, it just needs a hug.

- 186] No has fewer fewer letters than yes.
- 187] Why do we cry at wedding and funerals?
- 188] I don't always try to understand your point of view.
- 189] Teach by example.
- 190] When you're pushed into a corner, come out swinging.
- 191] Bring revenge with kindness.
- 192] Contrary to belief, not every idea is a good one.
- 193] Find your niche. You are good at something.
- 194] Do not burn your bridges, they are too hard to rebuild.
- 195] Harsh words hurt worse than sticks and stones.
- 196] Your love is more precious than gold, too bad I prefer silver.
- 197] Don't allow the crack in your foundation get too big to fix.

**198] Your reflection in the mirror speaks volumes.**

**199] Reaping always shows the seeds that you planted.**

**200] Insecurities are bad first impressions.**

**201] Your character is judged by your work and your word.**

**202] If you aren't good at lying, Don't!**

**203] The tongue is sharper than the sword.**

**204] Be mindful of the legacy that you will leave behind.**

**205] Temptations are often subtle.**

**206] Marriages are like layaways, they have a return policy called divorce.**

**207] I'm giving you my love and I want you to keep it.**

**208] I don't do he said/she said. Give it to me straight or keep it to yourself.**

**209] Now that I see things clearly, I've decided that I**

**just don't like you!**

**210] Accept me as I am or take a hike!**

**211] There's no comparison to you and me - I'm just better.**

**212] I came out of a dark place because you showed me the light.**

**213] Measure your worth in Blessings.**

**214] Your gut feeling is usually right, unless it's gas.**

**215] What is important to you empowers you.**

**216] As a human, I will err.**

**217] It's only arrogant when you cannot back up what you speak.**

**218] It doesn't take much to start a fire, but it does to rekindle a flame.**

**219] Warriors fight our battles. When they are wounded, who fights for them.**

**220] We are all related in the community of life.**

**221] How boring would the world be if we knew it**

all?

**222] Haters only get along with other haters.**

**223] The more you appreciate the value of others  
the less you depreciate your own.**

**224] Respect can only be reciprocated when its  
given.**

**225] Sometimes all we need is a kick in the ass to get  
us moving.**

**226] I've only made one mistake...You.**

**227] I may live a lifetime and never unwrap all of my  
gifts.**

**228] Not all statements need an ending.**

**229] If you judge me by the color of my skin, my  
color is opaque.**

**230] Exclusion from one group means inclusion of  
another.**

**231] Good people have bad thoughts.**

**232] Breakdowns don't just occur on the side of the**



road.

233] Doctors aren't the only healers.

234] Anchors are the only things that need to be weighed down.

235] My heart awakens when you smile.

236] Tolerance is a trait that I do not possess.

237] Wasting time is like wasting money, eventually will run out of both.

238] Your name is not sun, the world does not revolve around you.

239] There is beauty in many things, you're just not one of them.

240] Debris should've been your name because you're nothing but trash!

241] Finding balance leads to inner peace.

242] Oil and water don't mix and neither do we!

243] Distractions often lead to disasters.

244] Those who can sing should. Those who can't

shouldn't.

245] The truth could set you free if you spoke it.

246] Sometimes you reach the age at which you just don't care and here I am.

247] If this is the land of the free, why do we pay taxes?

248] If I'm whole, why do I need a better half?

249] All good things must come to an end, so .....Goodbye.

250] Why are the dumbest people always the loudest?

251] Talk is cheap, how much are you worth?

252] If I interrupt you, I'm obviously not interested in what you have to say.

253] Even a fallen star can shine bright.

254] I speak aloud <sup>what</sup> when others think in silence.

255] Squares do not fit in my circle.

256] If you practiced what you preached, what

would your sermon be?

257] Talk may be cheap and I come with a price tag.

258] Take time to be present in the moment.

259] Which piece of the puzzle are you missing?

260] You cannot divide and conquer. Unity is the answer.

261] I call myself a bit of a problem solver, ex: X-U = Me.

262] I'm swimming in a sea of fools trying to stay a float.

263] Love is a gamble. Ante up and roll the dice.

264] Lies are like rockets, someone's always shooting one off.

265] Days are a coin toss; Your head may be up or you may fall on your tail.

266] People are like seasons. You spring for them. They make you hot. Then they make you fall in love, and then turn cold as ice.

**267] The way to a man's heart is through the kitchen.**

**268] The way to a woman's heart is through forgiveness.**

**269] I wish that I could take every word back that I've said except "I Love You".**

**270] Our relationship is like a train wreck, how can you just not look at it?**

**271] I must be allergic to you because you make me sick!**

**272] It's hard to win a battle of wits when you have none.**

**273] Advice is often given when unsolicited.**

**274] Every action does not deserve a reaction.**

**275] Do unto others before it's done unto you.**

**276] I see what it is that I don't like about me inside of you.**

**277] If ignorance is bliss, why isn't there more peace**

**In the world?**

**278] Use your heart as a net to catch me when I fall.**

**279] If you've never had a real friend perhaps it's because you don't know how to be a real friend.**

**280] You can choose your jeans, but not your genes.**

**281] Love your body as it is before you love it as you want it to be.**

**282] Your personal work is the most important work you'll ever do.**

**283] No one grows by living an easy life.**

**284] I cannot solve the world's problems, but I can enhance its beauty.**

**285] When you get to the root of your problem, the solution will be easier to find.**

**286] The direction you're going is just as important as the direction you've been.**

**287] Secrets are like flowers, they can pop up anywhere.**

**288] Be mindful of what you feel as well as what you see.**

**289] You never have to look for trouble.**

**290] My circle of love is big enough for you.**

**291] People only know your business if you tell them.**

**292] You cannot get from the valley to the mountain without the climb.**

**293] This is a drama free zone.**

**294] The price you pay for knowledge is immeasurable.**

**295] I will be training for the End all of my life.**

**296] No dream is impossible.**

**297] Ugly seeps from the inside out.**

**298] Children know no boundaries when it comes to their curiosity.**

**299] If it was easy, I'd let you do it.**

- 300] We all have two celebrations, birth and death.**
- 301] You must be able to follow directions in order to give them.**
- 302] Don't put procrastination on your list of things to do.**
- 303] My give a damn button is broken!**
- 304] It takes little effort to make a big difference.**
- 305] Use your voice as a siren for change.**
- 306] Make like shoelaces and loosen up.**
- 307] Respecting your space allows me to stay in mine.**
- 308] Thinking logically is difficult for those who think illogically.**
- 309] Being ungrounded makes your life very shaky.**
- 310] Keeping your heart young will keep your life long.**
- 311] You cannot extinguish a burning desire.**

**312] Nature is the most beautiful in its purest form.**

**313] The prettiest portraits are painted by {God}.**

**314] I have to laugh at myself before you beat me to it.**

**315] Playing with someone who doesn't have a full deck can be a dangerous game.**

**316] Apologizes don't occur on their own.**

**317] Your entire life can change in one second.**

**318] I am a work of art under construction.**

**319] I spend alot of time trying to remember what I forgot.**

**320] I can argue with the truth but I just don't have the energy.**

**321] Laughing is an inexpensive workout.**

**322] Apples or oranges. Can't we all just get along?**

**323] The chapter of you in my book has been closed!**

**324] Strength is created through will power.**



**325] Being unable to be yourself is equal to being in prison.**

**326] Be better. Do better. Live Better.**

**327] Don't say that you were thinking about me because I cannot see your thoughts.**

**328] Sometimes the truth stings like a bee.**

**329] Patience are only dealt with through prayers.**

**330] Stress is created when you take things to seriously.**

**331] I know you're thinking.....I smell smoke.**

**332] Childish people have yet to grow up.**

**333] Keep your creativity colorful.**

**334] Comforting words are a good medicine.**

**335] Forgetting to be grateful is like forgetting to breathe.**

**336] Revenge is served best cold.**

**337] Agitators only belong in washing machines.**

**338] If I want to participate in the future, I must take care of myself in the present.**

**339] Childbirth is a scary ~~thing~~ yet a beautiful thing.**

**340] Being fashionably late requires no sense of style.**

**341] Twenty four hours a day is all you get to make a difference.**

**342] Have compassion for your companions for they are not perfect**

**343] Religion is taught. Spirituality is felt.**

**344] You must humble yourself when you cannot do {things} for yourself.**

**345] Close your eyes and envision your future. Now open your eyes and see the possibilities.**

**346] Meditate before you medicate.**

**347] Peace and quiet require two things - no spouse and no children.**

**348] The tongue is the strongest muscle. Remember**

**that words can hurt.**

**349] I cannot carry your burdens because my hands are full {of my own}.**

**350] A closed mouth won't get fed. A closed mind won't get fed either.**

**351] What if mistakes came with an undo button?**

**352] Don't allow your heart to be as hard as your head.**

**353] Promise me that you won't promise me.**

**354] Do not dwell on the death of one's body, celebrate the life of their spirit.**

**355] Tragedies always have bad timing.**

**356] When you are called on in time of need, how will you answer?**

**357] Some of my best teachers have been ~~my~~ children.**

**358] You are given all of the tools you need, what you will build is up to you.**

**359] Have you ever looked at your reflection and asked yourself, what's wrong with this picture?**

**360] Greediness robs you of the ability to "let go".**

**361] Bouncing ideas around makes creativity bloom.**

**362] I will not hold you back, but I will hold your hand.**

**363] I hope to inherit the wealth of knowledge.**

**364] The only consistency is the inconsistency.**

**365] Choose your choices wisely.**

## About the Author

April Scales is the author of "31 Days of Growth and Reflection". She currently resides in North Carolina working on future endeavors.

# Acknowledgments

These quotes were inspired by day-to-day emotions. I would like to thank my son Colt who is the apple of my eye and my husband Tommy who is my biggest supporter.

My gift of soliloquy comes from the Creator. It is because of Him that I am able to teach others.