

Lucy MacDonald

Positive Attitude Quotes For Teens

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Learn to be an Optimist: A practical guide for achieving happiness
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About Lucy MacDonald: Counsellor, Author, Speaker

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

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Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

Counsellor in Private Practice

Lucy runs a private counselling and consulting practice and specializes in stress, burnout, anger, grief, parenting issues, and divorce. You can contact Lucy at by email at lucy@lucymacdonald.com

Keynote Speaker and Workshop Presenter: Work-Life Wellness

Lucy is an accomplished speaker, working in private industry, government, academic and nonprofit organizations. Lucy's clients include Kraft Canada, Pfizer, Investors Group, McGill University and Concordia University. Lucy is known for her engaging, dynamic and straightforward speaking style, along with her sense of humor. For more information visit Lucy's website www.lucymacdonald.com

Author

Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of [Learn to be an Optimist: A practical guide for achieving happiness](#). In [Learn to be an Optimist](#), a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude. **Learn to Manage Your Time** will be released in January 2006.

Free Newsletter: Positive Perspectives

Sign up today and receive Lucy's free newsletter Positive Perspectives - a free monthly e-newsletter to help you develop a positive mental attitude so that you can enjoy happiness, prosperity, and good health. Sign up at Lucy's website www.lucymacdonald.com. Positive Perspectives is read by people all over the world – 60 plus countries and counting!

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Lucy MacDonald



Ability

Do not let what you cannot do interfere with what you can do.
John Wooden

The real contest is always between what you've done and what you're capable of doing. You measure yourself against yourself and nobody else.
Geoffrey Gaberino

Act As If

If you've got it, flaunt it. If you do not, pretend.
Wally Phillips

Achieve

All great achievements require time.
David J. Schwartz

My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement and forget about success.
Helen Hayes

Great things are not done by impulse, but by a series of small things brought together.
Vincent Van Gogh

Action

Apply yourself. Get all the education you can, but then, by God, do something. Don't just stand there, make it happen.
Lee Iacocca

Begin doing what you want to do now. We have only this moment, sparkling like a star in our hand - and melting like a snowflake.
Marie Beyon Ray

Lucy MacDonald



Attitude

In the long run, the pessimist may be proved right, but the optimist has a better time on the trip.

Daniel L. Reardon

Take the attitude of a student; never be too big to ask questions, never know too much to learn something new.

Og Mandino

Our attitude toward life determines life's attitude towards us.

Earl Nightingale

Believe

The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible.

Richard M. De Vos

It's hard to beat a person who never gives up.

Babe Ruth

Change

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Reinhold Niebuhr

Become a student of change. It is the only thing that will remain constant.

Anthony J. D'Angelo

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

Charles Darwin

Choices

You are free to choose, but the choices you make today will determine what you will have, be, and do in the tomorrow of your life.

Zig Ziglar

Lucy MacDonald



Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

William Jennings Bryan

Confidence

I always thought I should be treated like a star.

Madonna

Courage

The greatest test of courage on earth is to bear defeat without losing heart.

Robert G. Ingersoll

The world isn't interested in the storms you encountered, but whether or not you brought in the ship.

Raul Armesto

Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk -- and to act.

Maxwell Maltz

Determination

Be like a postage stamp. Stick to something until you get there.

Josh Billings

What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.

Dwight D. Eisenhower

Education

The primary purpose of a liberal education is to make one's mind a pleasant place in which to spend one's time.

Sidney J. Harris

Lucy MacDonald



Forgiveness

Forgiveness is not an elective in the curriculum of life. It is a required course, and the exams are always tough to pass.

Charles Swindoll

Friendship

Be careful the environment you choose for it will shape you; be careful the friends you choose for you will become like them.

W. Clement Stone

No medicine is more valuable, none more efficacious, none better suited to the cure of all our temporal ills than a friend to whom we may turn for consolation in time of trouble, and with whom we may share our happiness in time of joy.

Saint Ailred of Rievaulx

Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life.

Pythagoras

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.

Dr. Seuss

Future

If you do not think about the future, you cannot have one.

John Galsworthy

Goals

Winners make goals; losers make excuses!

Anonymous

Write it down. Written goals have a way of transforming wishes into wants; cant's into cans; dreams into plans; and plans into reality. Don't just think it - ink it!

Author Unknown

Lucy MacDonald



Happiness

Success is getting what you want; happiness is wanting what you get.
Charles F. Kettering

Being happy doesn't mean everything is perfect. It means you have decided to look beyond the imperfections.
Unknown Author

It makes no difference where you go, there you are. And it makes no difference what you have, there's always more to want. Until you are happy with who you are, you will never be happy because of what you have.
Zig Ziglar

Hope

Hold your head high, stick your chest out. You can make it. It gets dark sometimes but morning comes..... Keep hope alive.
Jesse Jackson

Consult not your fears but your hopes and dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what is still possible for you to do.
Pope John XXIII

Humor

Though a humorist may bomb occasionally, it is still better to exchange humorists than bombs. And... you can't fight when you're laughing.
Jim Boren

Imagination

Imagination is the preview of life's coming attractions.
Larry Eisenberg

First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination.
Napoleon Hill

Lucy MacDonald



Kindness

Kind words can be short and easy to speak, but their echoes are truly endless.

Mother Theresa

He who sows courtesy reaps friendship, and he who plants kindness gathers love.

St. Basil

Learning

The best of all things is to learn. Money can be lost or stolen, health and strength may fail, but what you have committed to your mind is yours forever.

Anonymous

Life

Life is a great big canvas, and you should throw all the paint on it you can.

Danny Kaye

The best things in life aren't things.

Art Buchwald

Life is like a dogsled team. If you ain't the lead dog, the scenery never changes.

Lewis Grizzard

Love

Love grows by giving. The love we give away is the only love we keep.

The only way to retain love is to give it away.

Elbert Hubbard

By the accident of fortune a man may rule the world for a time, but by virtue of love and kindness he may rule the world forever.

Lao-Tze

If you love somebody, let them go, for if they return, they were always yours. And if they don't, they never were.

Kahlil Gibran

Making Your Move

The man who removes a mountain begins by carrying away small stones.
William Faulkner

Mistakes

The only real mistake is the one from which we learn nothing.
John Powell

Motivation

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.
Zig Ziglar

Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.
Stephen R. Covey

Obstacles

If you find a path with no obstacles, it probably doesn't lead anywhere.
Frank A. Clark

History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.
B. C. Forbes

Optimism

The average pencil is seven inches long, with just a half-inch eraser - in case you thought optimism was dead.
Robert Brault

Optimist: A man who gets treed by a lion but enjoys the scenery.
Walter Winchell

Lucy MacDonald



Reflect upon your blessings, of which every man has plenty, not on your past misfortunes, of which all men have some.

Charles Dickens

Perseverance

If I had to select one quality, one personal characteristic that I regard as being most highly correlated with success, whatever the field, I would pick the trait of persistence. Determination. The will to endure to the end, to get knocked down seventy times and get up off the floor saying, Here comes number seventy-one!

Richard M. DeVos

I am a slow walker, but I never walk backwards.

Abraham Lincoln

Purpose

Like what you do. If you don't like it, do something else.

Paul Harvey

Every single one of us can do things that no one else can do - can love things that no one else can love. We are like violins. We can be used for doorstops, or we can make music. You know what to do.

Barbara Sher

There are two great days in a person's life -- the day we are born and the day we discover why.

William Barclay

Relationships

Warmth, kindness, and friendship are the most yearned for commodities in the world. The person who can provide them will never be lonely.

Ann Landers

The most important single ingredient in the formula of success is knowing how to get along with people.

Theodore Roosevelt

Lucy MacDonald



Self-Confidence

The world has the habit of making room for the man whose words and actions show that he knows where he is going.
Napoleon Hill

Self-Esteem

You cannot be lonely if you like the person you're alone with.
Dr. Wayne W. Dyer

Strength

Strength does not come from physical capacity. It comes from an indomitable will.
Mahatma Gandhi

Taking Chances

It is far better to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in the grey twilight that knows not victory, nor defeat.
Theodore Roosevelt

Time

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.
H. Jackson Brown, Jr.

But what minutes! Count them by sensation, and not by calendars, and each moment is a day.
Benjamin Disraeli

Now is the only time there is. Make your now wow, your minutes miracles, and your days pay. Your life will have been magnificently lived and invested, and when you die you will have made a difference.
Mark Victor Hansen

Lucy MacDonald



Values

There can be no happiness if the things we believe in are different from the things we do.

Freya Stark

Wealth

It is the heart that makes a man rich. He is rich according to what he is, not according to what he has.

Henry Ward Beecher

You aren't wealthy until you have something money can't buy.

Garth Brooks

Wisdom

Wisdom is the reward you get for a lifetime of listening when you'd rather have been talking.

Aristotle

Work

Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.

Sam Ewing

You may have the loftiest goals, the highest ideals, the noblest dreams, but remember this, nothing works unless you do.

Nido Qubein

Worry

Worry is like a rocking chair: it gives you something to do but it doesn't get you anywhere.

Evan Esar

Five Ways to Stay Positive in a Negative World

By Lucy MacDonald

- 1. Take a news sabbatical.** Listening to the news can be downright depressing. All bad news all of the time can drag you down and keep you there. Give yourself permission to stop listening to the news, especially before bed time.
- 2. Use your influence to do good where you live.** Shift your focus from what is happening in other parts of the world to your community. Get involved in making a positive change or contribution.
- 3. Focus on what is working in your life.** Choose one thing that you are grateful for and focus on it for the rest of the day.
- 4. Express your appreciation to others.** You can create a positive world one person at a time by saying thank you every chance you get to everyone you interact with – from the person who holds open a door for you to your child who does a chore to a cherished friend or loved one.
- 5. Focus on what you can change, let go of what you can't change.** When faced with a distressing situation ask yourself if you can control over the events. If you do, change what you can. If you don't, learn to let it go and move on.

Lucy MacDonald

Testimonials from readers of Learn to be an Optimist

"I am 14 years old and my mother just bought me your book. I LOVE it. Right now I am going through a rather tough stage in my life and have been very pessimistic. This book is doing wonders for me."

Tessa

"Thank you for this wonderful book! Like you, Lucy, my "default mechanism" leans more toward pessimism... but I DO believe that optimism can be learned. Your book, for me, is a fabulous collection of new ideas and much-needed reminders, all set down in a straightforward way, with gentleness and humour and beautiful illustrations. Thank you for creating such a valuable resource for those of us who are trying to shift our inner balance to one of more peace and optimism. I'm delighted to have discovered your work. Thank you again!"

Laurie Aikman

"I have just finished reading Lucy's book and even at this early stage I feel inspired to make changes in my life. "

Maxine

"I am really pleased to have come across your book. It is intelligently written, reads easily and with an excellent up-beat tempo."

Simon Bruce

"I am finding the book a wonderful read and am working on many of the strategies contained within it! Many thanks."

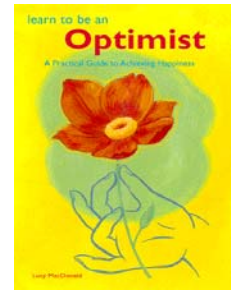
Spencer Cartwright

"I am in the process of reading Learn to be an Optimist, and it has helped me in so many ways already. It is wonderful. Thank you."

Krystle Spangler

"At the moment I am reading " Learn to be an Optimist" and really enjoying the book. Since I picked it up over two months ago I can notice the changes that have come about in my life. Thank you Lucy for taking the time to write a book that I feel has thought me just how powerful a more positive mind can be."

Melanie Louise



Lucy's new book **Learn to be an Optimist: A practical guide to achieving happiness**, is the ideal book for any audience and helps to reinforce Lucy's ideas. Ask about quantity discounts.



"The virtue of this helpful little book is that it contains the benefits of MacDonald's experience and the fruits of many studies, brought together in a conveniently organized, easily understood way to encourage the pessimists who read it to turn their lives around, step by step." Joan Riley for Curled Up With a Good Book



"I especially benefited from the chapters on putting a halt to negative self-talk and how we so often fulfill our own negative self-prophecies - usually on a subconscious level we are not even aware of.

Learn To Be An Optimist is not one of those silly, fluffy novelty items for Pollyannas you often see at the check-out stand in a bookstore. It is rather a well-researched and brightly presented field guide to human behavior and how happiness is a choice, and a goal, we can all move towards."

Mary Jones of Book Ideas

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