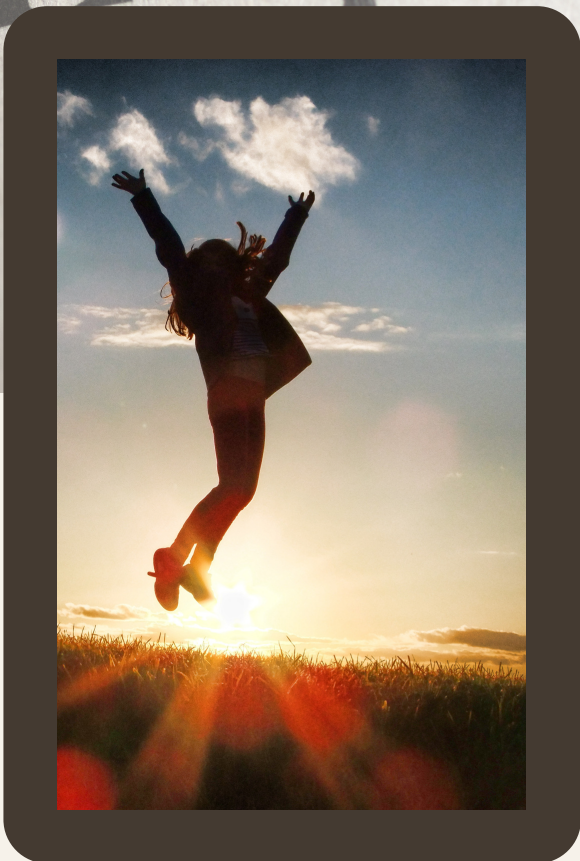


# POLLY'S PRINTABLE POSITIVITY



Words of wisdom and  
inspiration to print, share and  
use

from [polly's pad.blog](http://pollys.pad.blog)

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# Inspiration is all around us

Ever notice how a simple quote can give you that "aha" moment?

Quotes aren't just words on paper; they're like little sparks that light up our minds. They're not just about boosting your argument game or looking smart. They go deeper. The right quote has this magical ability to connect with us on a personal level.

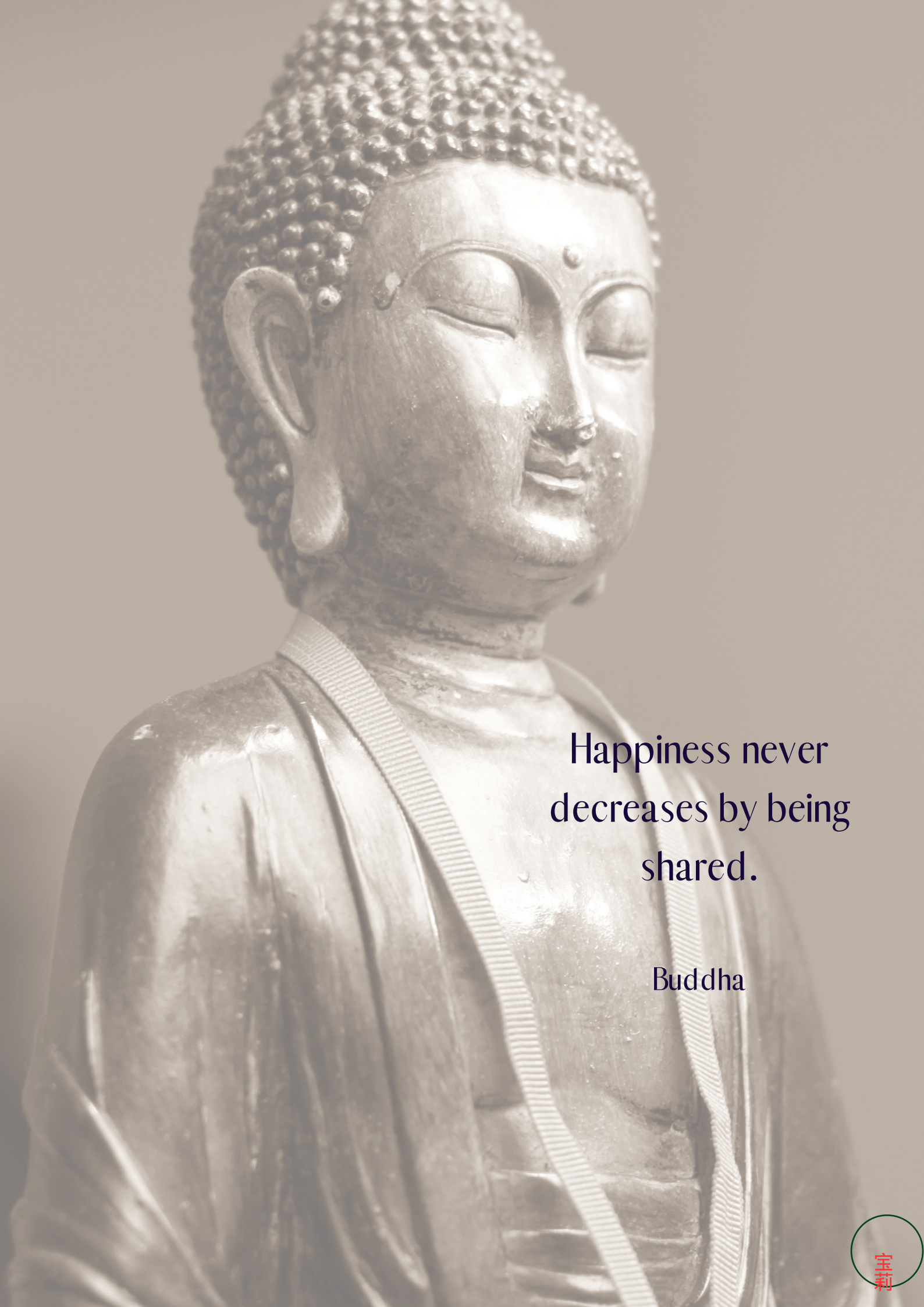


*pro-tip*  
PRO-TIP

These pages are going to be a hard work out for your printer, so choose the pages you want, and print those. They look great in frames as A4 or as smaller images in a scrapbook or for crafting.

Over the years the blog has been going, I have been a big advocate of sharing inspirational quotes and mantras. I have gathered some of the best ones here in this E book, so that they will be in the perfect format for people to print out for their journals, walls, or to use on their digital vision boards.

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Happiness never  
decreases by being  
shared.

Buddha



“

There is only one way to  
happiness and that is to cease  
worrying about things that are  
beyond the power of our will.

”

**EPICETUS**

“

To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness.

”




“

*Happiness is not  
something ready-  
made. It comes from  
your own actions.*

”

*Dalai Lama*





Those who are free  
of resentful thoughts  
will surely find peace

To be calm is the  
highest  
achievement of  
the self







Certainty is  
impossible.

Once you  
realise this,

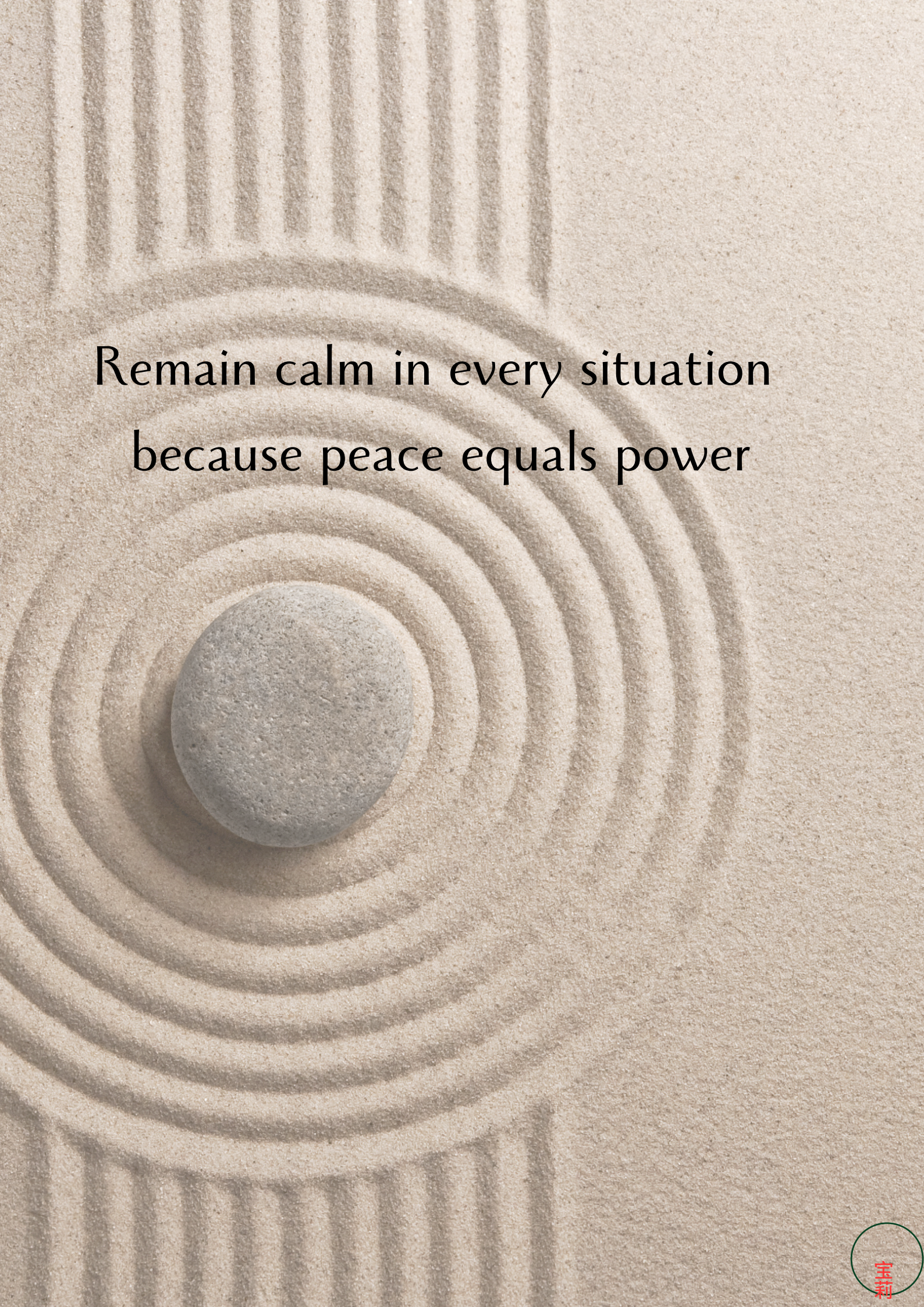
you stop  
seeking it

and you

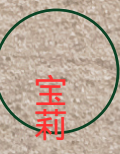
become

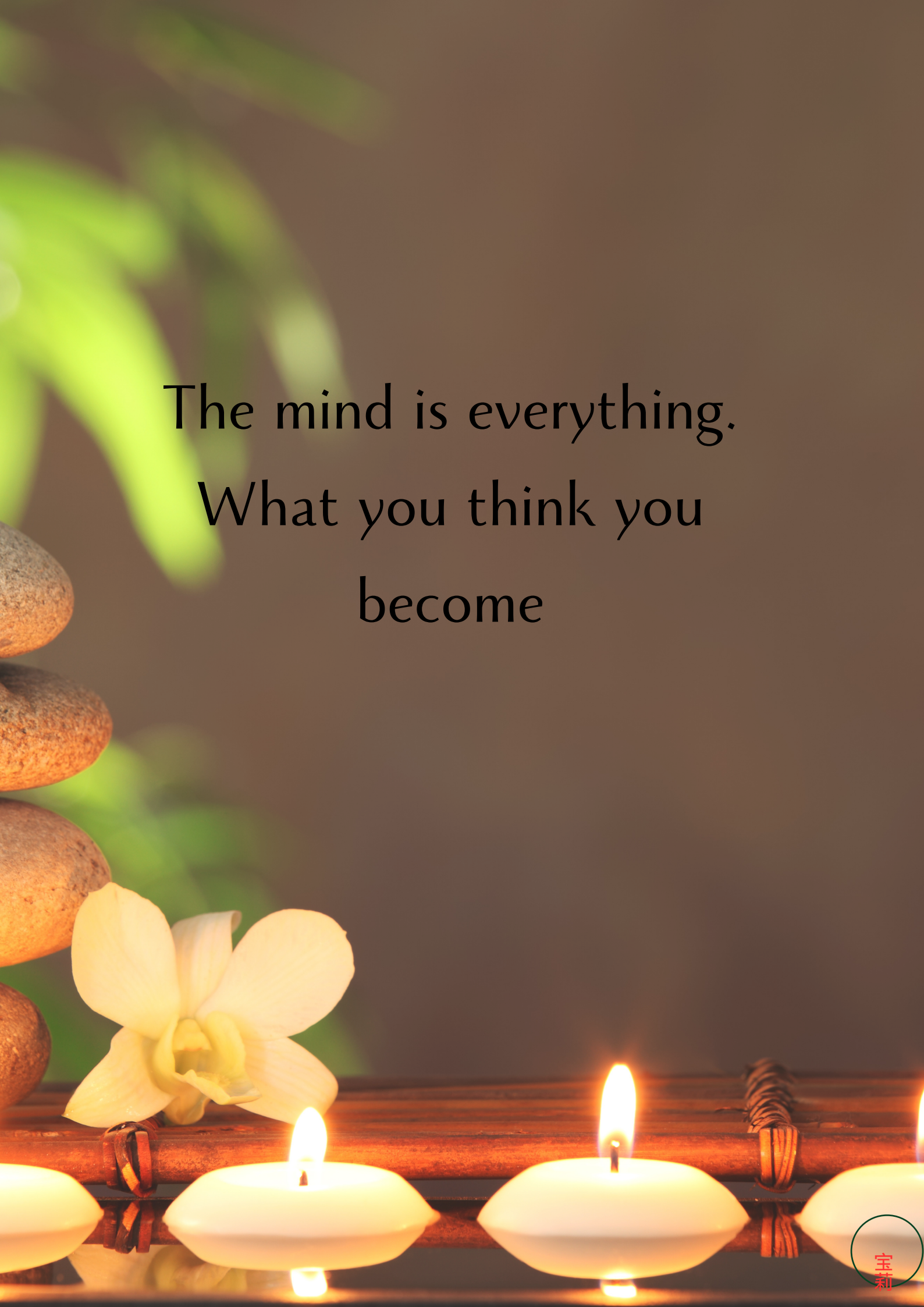
calm




A photograph of a Zen garden sand art. In the center, a smooth, grey, spherical stone sits on a bed of light-colored sand. The sand is meticulously raked into concentric circles around the stone, with several layers of rings. In the background, the sand is raked into vertical, parallel lines. The overall scene is serene and minimalist.

Remain calm in every situation  
because peace equals power





The mind is everything.  
What you think you  
become

A stack of four smooth, dark grey stones is the central focus, arranged in a slightly offset, balanced manner. In the foreground, a bamboo plant with several long, slender, light green leaves is visible, some pointing upwards and others downwards. The background is a soft, out-of-focus green, suggesting a natural, outdoor setting. The overall composition is serene and minimalist.

The less you want,  
the richer you are

# 明日は明日 の風が吹く

ashita wa ashita no kaze ga fuku

Tomorrow's  
winds blow  
tomorrow

# 花より団子

hana yori dango

Food over  
flowers



# 水に流す

mizu ni nagasu

Let the water  
carry it away

# 物の哀れ

mono no aware

A bittersweet  
acknowledgement  
of the  
impermanence of  
things





# 一期一会

Ichi-go ichi-e

A once in a  
lifetime meeting

# 木漏れ日

宝莉

# 灯台下暗し



宝莉

## Thank you for downloading this collection

As we wrap up this collection of inspiring quotes and images, I hope you've found a few that resonate with you. Feel free to use them however you like—stick them on your wall, in your planner, or in your crafts. Just remember, they're meant to uplift, not to be sold. (You got them for free, let's have a bit of class here!)

If you're interested in exploring more quotes and content, swing by the pad. I post on the first Wednesday of each month (sometimes more), sharing my thoughts on navigating Mid-Life, armed with nothing but a planner, a pen and sheer determination.

Join us for some practical insights, lots of mentions of Japan and even more encouragement to write lists.



*Thank you!*

It's not a mid-life crisis if you have a plan,

If you need help with creating your own plan, pop on over to the Pad and check out all of the tips, tricks and suggestions to help you live your best life.

@ pollyplaits

[www.pollyspadblog.com](http://www.pollyspadblog.com)