



DANA LIGHTMAN, Ph.D.

Absolutely. Positively. Uplifting.

“Create the outcomes you want. Regardless of the circumstances.”

Quotable Quotes

Searching for a quick quote? Use one of these, or contact Dana for others.

“Negative patterns are like weeds that choke off any growth. So if you want to be more positive, the first step is to get rid of your negative patterns.”

“Just as an acorn has the life force to become an oak tree, we have the power within us to create the lives we want.”

“Blaming circumstances or other people for your problems may be justified, but it is never empowering.”

“Pessimists focus on the problem. Optimists focus on the solution.”

“When it comes to optimism, your interpretation of an event is more important than the event itself.”

“We spend more time choosing our clothes than we do our thoughts.”

“Feeling angry or sad isn’t the problem. The problem is getting stuck in these feelings.”

“New neurons are created in your brain everyday. It’s up to you to train them to be positive.”

“Look at the whole picture, but focus on the positive aspects.”

“Positive feelings build up over time, cushioning us when setbacks and problems occur.”

“You can’t move from sadness to joy instantaneously. But you can move up the positive ladder one step at a time until you reach happiness.”

“Optimism isn’t about putting a smiley sticker over an empty gas tank. It’s about knowing how to fill up the tank.”

“It’s your choice. You can focus on fear or you can focus on hope.”

“Optimism is more about your perception and less about the conditions of your life.”