

100 HARSH TRUTHS OF LIFE

Library Mindset

100

HARSH

TRUTHS

OF LIFE

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100 HARSH TRUTHS OF LIFE

“Most of your friends aren’t really your friends. They’re just along for the ride when it’s fun, convenient, or valuable.

Your real friends are the ones who are there for you when it’s none of those —when you have nothing to offer in return.”

-Sahil Bloom

#1

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“20 years from now, you’d give anything to be: this exact age, this healthy, back in this exact moment.

Take a second to enjoy it now.”

-Rich Webster

#2

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“If you live

each day as it was your last, someday you’ll most certainly be right.”

-Steve Jobs

#3

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“Unfortunately, the clock is ticking, the hours are going by.

The past increases, the future recedes.

Possibilities

decreasing, regrets mounting.”

-Haruki Murakami

#4

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“Easy choices lead to a hard life. Hard choices, lead to an easy life.

Hard actions, hard decisions, hard conversations.

Your dream life is on the other side of discomfort.”

-Zack Pogrob

#5

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“Nobody is

coming to save you.

save yourself.”

-Alex Aubry

#6

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“The reason

most people fail instead of succeed is they trade what they want most for what they want at the moment.”

-Napolean Bonaparte

#7

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“In anger
we should
refrain both
from speech
and action.”

-Pythagoras

#8

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“The happiness of your life depends upon the quality of your thoughts.”

-Marcus Aurelius

#9

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“Distance yourself from the people that you don’t want to become.”

-Shane Parrish

#10

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“The only

way to achieve greatness is life is to have patience, consistency,
and discipline.”

-David Goggins

#11

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“Life is short, stop wasting time on toxic people.”

-Alex Aubrey

#12

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“Never trust a man who speaks well of everybody.”

-John Churton Collins

#13

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“A healthy

relationship is one where two

independent

people just make a deal that they will help make the other person be the best version of themselves.”

-Lewis Howes

#14

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“If you want to make the wrong decision, ask everyone.”

-Naval Ravikant

#15

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“If you are brave enough to say
goodbye, life will reward you with a new hello.”

-Paulo Coelho

#16

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“Most people
don’t really care about you.”

-Sahil Bloom

#17

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“If a man
knows more
than others,
he becomes
lonely.”

-Carl Jung

#18

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“Doctors won’t make you healthy.

Nutritionists won’t make you slim.

Teachers won’t make you smart.

Gurus won’t make you calm.

Mentors won’t make you rich.

Trainers won’t make you fit.

Ultimately, you have to take responsibility.

Save yourself.”

-Naval Ravikant

#19

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“Open your eyes, look within. Are you satisfied with the life you are living?”

-Bob Marley

#20

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“Never take life seriously. Nobody gets out alive anyway.”

-Sydney J. Harris

#21

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“You only live once, but if you do it right, once is enough.”

-Mae West

#22

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“You’re only here for a short visit.

Don’t hurry, don’t worry. And be
sure to smell the flowers along the way.”

-Walter Hagen

#23

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“When everything seems to be going against you,
remember that the airplane takes off against the wind, not with it.”

-Henry Ford

#24

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“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

-Gautama Buddha

#25

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“A real friend is one who walks in when the rest of the world walks out.”

-Walter Winchell

#26

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“Happiness

depends upon

ourselves.”

-Aristotle

#27

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“99% of the harm is caused in your head, by you and your thoughts.

1% of the harm is caused by reality, what actually happens and the outcome.

Most of the time, the problem isn't the problem.

The way you think about the problem is.”

-Steven Bartlett

#28

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“Only I can

change my

life. No one

can do it for

me.”

-Carol Burnett

#29

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“If you do not change direction, you may end up where you are heading.”

-Lao Tzu

#30

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“We cannot be
more sensitive to pleasure without being more
sensitive to pain.”

-Alan Watts

#31

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“It is not death that a man
should fear, but he should fear never beginning to live.”

-Marcus Aurelius

#32

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“Do not spoil
what you have by desiring what
you have not;
remember that
what you now
have was once
among the things you only hoped for.”

-Epicurus

#33

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“Every man

dies. Not every man really

lives.”

-William Wallace

#34

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“As a well-spent day brings
happy sleep, so a life well spent brings happy
death.”

-Leonardo da Vinci

#35

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“The
word ‘happy’
would lose its meaning if
it were not
balanced by
sadness.”

-Carl Jung

#36

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“It is far

better to be

alone, than to be in bad

company.”

-George Washington

#37

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“Sometimes

life hits you in the head with

a brick. Don’t lose faith.”

-Steve Jobs

#38

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“While we are
postponing, life speeds by.”

-Seneca

#39

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“I think the only advice I can give you on how to live your life well is, first off, remember...

it's not the things we do in life that we regret on our deathbed, it is the things we do not.”

-Randy Pausch

#40

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“If you’re going through hell,
keep going.”

-Winston Churchill

#41

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“When everything seems to be going against you,
remember that the airplane takes off against the wind, not with it.”

-Henry Ford

#42

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“Most of the

important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

-Dale Carnegie

#43

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“He who loses

wealth loses much; he who loses a friend loses more; but he that loses his courage loses all.”

-Miguel de Cervantes

#44

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“An ant on the move does

more than a

dozing ox.”

-Lao Tzu

#45

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“Waste no more time arguing

what a good

man should be.

Be one.”

-Marcus Aurelius

#46

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“Never tell your problems to
anyone. 20%
don't care and the other 80%
are glad you
have them.”

-Lou Holtz

#47

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“The happiest

people seem to be those who

have no particular cause for being happy except that they are so.”

-William Inge

#48

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“Hardships often prepare ordinary people for an
extraordinary
destiny.”

-C.S. Lewis

#49

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“If you don’t

sacrifice for

what you want, what you want

becomes the

sacrifice.”

-Unknown

#50

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“From the errors of others, a wise man corrects his own.”

-Publilius Syrus

#51

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“The modern

devil is cheap dopamine.”

-Naval Ravikant

#52

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“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”

-Confucius

#53

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Out of my control The Past

The Result

In my control

My Words

My Thoughts

My Response

Self-awareness How I treat others The Future

What

others

think of me

Other

People's

Opinion

#54

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“Do not wait: the time will never be

‘just right’. Start where you stand, and work whatever tools you may have at your command and better tools will be found as you go along.”

-Napoleon Hill

#55

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“Nothing shows a man’s character more than what he laughs at.”

-Johann Wolfgang Von Goethe

#56

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“Whatever is

begun in anger ends in shame.”

-Benjamin Franklin

#57

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“The foolish man seeks happiness in the distance.

The wise grows it under his feet.”

-James Oppenheim

#58

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“A person often meets his destiny on the road he took to avoid it.”

-Jean de La Fontaine

#59

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“You’re under

no obligation

to be the same person you

were 5 minutes ago.”

-Alan Watts

#60

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“The best thing one can do when it is raining is let it rain.”

-Henry Wadsworth Longfellow

#61

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“There is only one way to avoid

criticism:

do nothing,

say nothing,

and be nothing.”

-Aristotle

#62

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“Muddy water is best cleared by leaving it alone.”

-Alan Watts

#63

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“If the path before you is clear, you’re probably on
someone else’s.”

-Carl Jung

#64

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“The man who asks a question is a fool for a minute, the man who does not ask is a fool for life.”

-Confucius

#65

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“The cave you

fear to enter

holds the

treasure you

seek.”

-Joseph Campbell

#66

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“Wise men speak because they have something to say; Fools speak because they have to say something.”

-Plato

#67

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“If you know how quickly people forget the dead, you will stop living to impress people.”

-Christopher Walken

#68

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“There are two medicines for all ills: time and silence.”

-Alexandre Dumas

#69

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He who learns but does not think, is lost! He who thinks but does not learn is in great danger.

-Confucius

#70

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“A great man is hard on himself; a small man is hard on others.”

-Confucius

#71

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“Nothing

happens to any man that he is not formed by

nature to bear.”

-Marcus Aurelius

#72

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“If you want to know who your
friends are, get yourself a jail sentence.”

-Charles Bukowski

#73

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“When we are
no longer able to change a
situation - we are challenged to change
ourselves.”

-Viktor E. Frankl

#74

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“If you think
you’re going to win, it doesn’t mean you’re
going to win. If you think you’re going to lose, you will lose.”

-Peter Thiel

#75

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“I am a slow

walker, but I

never walk

back.”

-Abraham Lincoln

#76

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“99% of
all failures
come from
people who
have a habit
of making
excuses.”

-George Washington Carver

#77

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“The harsh truth is that nothing last forever, so when you have it, enjoy it, appreciate it.

Don’t take it for granted.”

-Unknown

#78

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“The cure for
pain is in the pain.”

-Rumi

#79

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“I was ashamed of myself when I realized that life was a costume party, and I attended with my real face.”

-Franz Kafka

#80

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“Life is a
tragedy for
those who feel, and a comedy
for those who
think.”

-Jean De La Bruyere

#81

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“If you correct your mind, the rest of your life will fall into place.”

-Lao Tzu

#82

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“You must

understand that there is more

than one path to the top of the mountain.”

-Miyamoto Musashi

#83

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“The problem with the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence.”

-Charles Bukowski

#84

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“The best way to keep a prisoner from escaping is to make sure he never knows

he’s in prison.”

-Fyodor Dostoyevsky

#85

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“Before you try to fix someone else’s vibe, make sure you’re not killing your own in the process.”

-Vex King

#86

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“Many of
life’s failures are people who did not realize how close they were to success
when
they gave up.”

-Thomas A. Edison

#87

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“Death smiles at us all. All a man can do is smile back.”

-Maximus

#88

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“We will all, someday, experience death, and become obsolete as a dead leaf falling from a tree, crushed by passers-by to ashes underlying the earth”

-Kim Elizabeth

#89

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“The fear of

death follows

from the fear of life. A man who lives fully is prepared to die at any time.”

-Mark Twain

#90

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“He who has
a why to live
for can bear
almost any
how.”

-Friedrich Nietzsche

#91

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“An honest

man is always a child.”

-Socrates

#92

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“People will
do anything,
no matter how
absurd, in order to avoid facing their own soul.”
-Carl Jung

#93

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“Have patience.

All things are difficult before they become
easy.”

-Saadi Shirazi

#94

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“Worrying is like paying a debt
you don’t owe.”

-Mark Twain

#95

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“It is better to be hated for what you are than to be loved for what you are not.”

-Andre Gide

#96

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“One day, in
retrospect, the years of struggle will strike you as the most
beautiful.”

-Sigmund Freud

#97

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“It may seem

difficult at first, but all things are difficult at first.”

-Miyamoto Musashi

#98

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“We have two lives, and the second begins when we realize we only have one.”

-Confucius

#99

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“You cannot

swim for new

horizons until you have courage to lose sight of the shore.”

-William Faulkner

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