"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

– Dan Millman, Author



"Sometimes our lives have to be completely shaken up, changed and rearranged to relocate us to the place we're meant to be."

– Unknown



"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

- Alan Watts, Philosopher



"It's okay to be scared. Being scared means you're about to do something really, really, brave."

- Mandy Hale, Author



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

- Charles Darwin, Scientist

