



ONE

POSITIVE
THOUGHT

Can Change *everything*

MELANIE CURTIS

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New York, NY

**One Positive Thought:
Can Change Everything**

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For every last person who has supported me
over the years. My actual gratitude could never
be expressed in words. This is for you.

GRATITUDE

Shannon and Carolyn. There is little I believe in more in life than the love I feel and experience with these two. They are unwaveringly there for me. I have the courage to create, contribute, and live to the level I do in my life largely because Carolyn and Shannon are in it. With this level of support and radical acceptance, I have been able to more freely and confidently explore the edges of vulnerability, ridiculousness, experience, and expression. This book reflects their influence on me and all they've done behind the scenes of my life and career to date.

My family. Mom, Al, Dad, Liz, Matt, Andrée. The best of the best. Unparalleled love and support of me, as ME. They're also all hilarious and cool while concurrently being rock solid. Duh.

I know my people have my back. Thank God. Man, life would be so much scarier and way boring without you. Crazy grateful. Wickedly grateful. Thank you for always being the foundation from which I have been able to grow, explore, create, and lead. I am so lucky to have you. I love you... Thank you.

INTRODUCTION

This book is inspired by my fierce belief in, experience with, and conscious practice of mindset as a skill we can all learn and master over time. Mindset as our access to breakthroughs that level us up in any area we desire.

We are all capable of so much more than we ever currently think.

When we experience life or ourselves beyond whatever limiting thought resides in our mind, our mind blows up. In the good way. When one thing we didn't think was possible suddenly becomes possible, it opens up the idea that EVERYTHING we think we can't do... maybe we can.

With that mindset, in effect, we can do anything. Fear turns into excitement of what could be.

We can access these kinds of thought shifts, this release of fear, this infusion of positive possibility, by connecting to others' experiences and ideas too.

That's what this book is for... to share insights as an avenue to new breakthrough thoughts for YOU. To

support your life forward in whatever way you are called.

A singular idea can change everything, and often does. It does because what we believe motivates our actions, and our actions derive our results which magnify over time. That's why being intentional... deliberate... considered... fierce and full-on in what we feed our mind is essential to what we and our lives turn out to be.

My goal always is to help others release those thoughts, conscious or unconscious, that are currently limiting them and making them feel less than they actually are.

My hope is this book provides you the experience of connecting to new or renewed positive thoughts as inspiration that motivates new positive action, and ultimately long-term transformation because of the stake you put in the ground now.

The following pages include quotes from my closest family and well-known people I admire. Everyone included stands for and embodies ideas I respect. All the sections that have no author listed are directly from me to you.

One Positive Thought

Use the open space to write down specific ideas that come to you as you read. Specific ideas that would make a difference in your life from whatever new insight strikes you, for you.

So happy to share some of this epic life. For real. I know we're not literally talking in this moment, but in a way we are as you read this, so know it's legit. I'm typing this, thinking of you, feeling like we're talking. What up. Hahaha... :))

If you ever want to reach out or share on any level, I would love that. My email is mel@melaniecurtis.com. I welcome your thoughts, feedback, questions, or connection for no particular reason, anytime.

Thank you for your faith in me to take a chance on this book and the insights you might discover for yourself. Respect.

With you.

A handwritten signature in black ink, appearing to be 'Mel', with a long, sweeping underline that starts under the first letter and extends to the right.

// You are entirely bonkers.
But I'll tell you a secret...
all the best people are. //

-Lewis Carroll, Alice in Wonderland

// You wanna fly, you got
to give up the shit that
weighs you down. //

-Toni Morrison

// The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you. //

-Tony Robbins

// It always seems
impossible until it's
done. //

-Nelson Mandela

// Before you marry a person, you should first make them use a computer with slow internet service to see who they really are. //

-Will Ferrell

// The truth is the closest
distance between two
people. //

-Unknown

It's far too easy to keep doing what we've always done. And if we always do what we've always done just because we've always done it, we run the risk of blindly spending our lives not as happy as we could be. No.

// No amount of security is worth the suffering of a mediocre life chained to a routine that has killed your dreams. //

-Mendoza

// Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved. //

-Helen Keller

// They say love is blind. I disagree. Infatuation is blind. Love is all-seeing and accepting. Love is seeing the flaws and blemishes and accepting them. Love is accepting the bad habits and mannerisms, and working around them. Love is recognizing all the fears and insecurities, and knowing your role is to comfort. Love is

working through all the challenges and painful times. Infatuation is fragile and will shatter when life is not perfect. Love is strong and it strengthens because it is real. //

-Unknown

“ I think if people are
bored, they’re just not
looking.”

-Shannon Hernandez

// If you want to be more productive, then start at the start: get there on time. Whether it is a meeting, a flight, an appointment or a date, it's important to ensure you are there when you say you will be there. This may feel like an old-fashioned tip to give, but it has served me well for five decades. //

-Richard Branson

// The world is changed by
your example, not your
opinion. //

-Anonymous

// I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do. //

-Brené Brown

// I am convinced that material things can contribute a lot to making one's life pleasant, but basically if you do not have very good friends and relatives that matter to you, life will be really empty and sad and material things cease to be important. //

-David Rockefeller

// How can I help? //

-Peter Shankman

“It is impossible to fail
when faith is present.”

-Sherri Gershon

// What you do makes a difference, and you have to decide what kind of difference you want to make. //

-Jane Goodall

Inspiration is nothing
without the action to
back it up.

// After you do a joke a few times, you have material that you know works. Although sometimes I have a joke that has worked a bunch of times and then one night it'll flop. And that's when I really take a hard look at myself and say: 'Well, that crowd is obviously wrong. That crowd has absolutely no idea what it's talking about.' //

-Aziz Ansari

// Just let go. Let go of how you thought your life should be and embrace the life that is trying to work its way into your consciousness. //

-Caroline Myss

// Basically my wife was immature. I'd be at home in the bath and she'd come in and sink my boats. //

-Woody Allen

// All these jokes have
been pre-approved as
funny by me. //

-Mitch Hedberg

// When you marry your
gifts to your passion,
you are unstoppable. //

-Kim Girard

// Never make someone a
priority when all you are
to them is an option. //

-Maya Angelou

Love is a long-term play.

// If you're living for the weekend and vacation, your shit is broken. //

-Gary Vaynerchuck

// Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take a step. //

- Naeem Callaway

// We are so fucking
fortunate it's insane. //

-Shereen Thor

// The only people who never tumble are those who never mount the high wire. This is your moment. Own it. //

-Oprah Winfrey

// Being deeply loved by
someone gives you
strength, while loving
someone deeply gives
you courage. //

-Lao Tzu

// I've found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often. //

-Brian Tracy

// My art has been commended as being strongly vaginal which bothers some men. The word itself makes some men uncomfortable. Vagina. //

~Maude Lebowski

Be brave.

// Truth is everybody is
going to hurt you, you
just gotta find the ones
worth suffering for. //

-Bob Marley

When you are with your
people... be with them.
Just be there. With them.

// Swearing is a barometer
of our happiness. //

-Carolyn Chow and Melanie Curtis

// What we share and feel and know is possible in the space of unconditional friendship is our template for the world, one person at a time. //

-Shannon Hernandez and Melanie Curtis

Perfect is boring. It's NOT
relatable. It's not inspiring.
Being REAL is what's
inspiring. Being real is real
leadership. Being real takes
guts. Have this kind of
courage.

// I was so naïve as a kid, I used to sneak behind the barn and do nothing. //

-Johnny Carson

// He said, 'You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But those

things don't matter at all,
because once you are
Real you can't be ugly,
except to people who
don't understand.'//

-Margery Williams, The Velveteen Rabbit

“Knowing is not enough,
we must apply. Willing
is not enough, we
must do.”

-Bruce Lee

You are sexy.

// If you're brave enough to leave behind everything familiar and comforting, and set out on a truth-seeking journey...and if you are prepared to face and forgive some very difficult realities about yourself, then the truth will not be withheld from you. //

*-Elizabeth Gilbert,
Eat Pray Love*

// Stop acting like you
live twice. //

-Anonymous

// Tragedy is when I cut my
finger. Comedy is when
you fall into an open
sewer and die. //

-Mel Brooks

// Decide what you want.
Write that shit down.
Make a fucking plan.
And work on it. Every.
Single. Day. //

-Someone really smart who made a meme

On some level when we're people-pleasing, we believe the person wouldn't love us if we were our actual selves. If we're always trying to make situations happy for others, how can people really trust us to be real? How can they trust us to tell our own truth? The answer is, they can't. And we shouldn't expect them to.

// Ten years from now,
make sure you can say
you chose your life, you
didn't settle for it. //

-Anonymous

Blind spots will inevitably surface in the results we get in our external and emotional lives until we see them. Remember, the more it hurts, the bigger the breakthrough you have available. Trust this and keep looking.

// I refuse to stop living
because I'm afraid
of dying. //

-Dano Rowley

What we have in 5 years...
1 year... 3 months... 10 years...
depends on what we decide
to do today, and who we
decide to do it with.

// When you have confidence, you can have a lot of fun. When you have fun, you can do amazing things. //

-Joe Namath

No one cares.
In the good way.

// The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process itself is its own reward. //

-Amelia Earhart

// Age is something that
doesn't matter, unless
you are a cheese. //

-Luis Bunuel

“If you cannot find
peace within yourself,
you will never find it
anywhere else.”

-Marvin Gaye

Stop comparing yourself to others. Right now. You are incredible. Just try to tell me you're not, I'll tell you what I see.

// We have the results
we have in life because
of the decisions
we've made. //

Andy Anderson

There is little more powerful
to drive a positive life
than doing what we think
we can't.

// I stopped asking
other people for
permission to do what
I wanted to do. //

-Ava DuVernay

Low times are always
juxtaposed by high times
and happiness in equal
measure if we make the
effort to evolve and grow.

// Kites rise against the
wind, not with it. //

-Winston Churchill

“Hold fast to dreams, for
if dreams die, life is a
broken-winged bird that
cannot fly.”

-Langston Hughes

**We can fly.
Never forget it.**

// You have power over
your mind, not outside
events. Realize this and
you will find strength. //

-Marcus Aurelius

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

-Babe Ruth

// Whoever is careless
with the truth in small
matters cannot be
trusted with important
matters. //

-Albert Einstein

One Positive Thought

You are loved.

// No one can figure out
your worth, but you. //

-Pearl Bailey

// Invest in people
who invest in you. //

-Unknown

// Being honest may not
get you a lot of friends,
but it will get you the
right ones. //

-John Lennon

We're all just people...
choosing for ourselves what
we want in our lives. What
we want to do. How we
want to be. How we want to
love. How we want to live.

// Sometimes to stop
monkey business, you
need to create monkey
business. //

-Tina Fey

// No one who achieves success does so without acknowledging the help of others. The wise and confident acknowledge this help with gratitude. //

-Alfred North Whitehead

// The person you will be in five years largely depends on the information you feed your mind today. Be picky about the books you read, the people you spend time with, and the conversations you engage in. //

-Ruben Chavez



// When people see a legend, they call it a legend. But to be a legend, it's a lot of hard work and patience. You can't play for five or ten years and be a legend. It takes longer than that. //

-Burning Spear

// I must be a mermaid. I
have no fear of depths
and a great fear of
shallow living. //

Anais Nin

// Normality is a paved road... it's comfortable to walk, but no flowers grow on it. //

-Vincent Van Gogh

// Know that you can
start late, look different,
be uncertain, and still
succeed. //

-Misty Copeland

One Positive Thought

Life is comedy.

Time and time again in human history, we have done things first thought OBVIOUSLY impossible per the current perspective... I'm not saying mystical fucking unicorns are out there shooting proverbial rainbows out their asses. What I AM saying is to challenge ANY current thought you have about what you're sure you can't do.

// If you hear a voice
within you saying 'you
are not a painter' then
by all means paint
and that voice will be
silenced. //

-Vincent Van Gogh

// Nothing contributes so much to tranquilize the mind as a steady purpose... a point on which the soul may fix its intellectual eye. //

-Mary Shelley

My point, peeps, is that every great goal we achieve, every feat we accomplish, every masterpiece we create, takes some time in the trenches. More specifically, it takes putting that time in the trenches at the top of our lists. We gotta get into our running shoes and out the door. And we gotta do it first.

“A key to success is playing the hand you were dealt like it was the hand you wanted.”

-Anonymous

// I am my own
experiment. I am
my own work of art. //

-Madonna Ciccone

// Dance first. Think later.
It's the natural order. //

-Samuel Beckett

Everything is for us.
Everything has positive value.
Everything. Even when you
can't see it yet, know it's
there.

// If we listened to our intellect, we'd never have a love affair. We'd never have a friendship. We'd never go into business, because we'd be cynical. Well, that's nonsense. You've got to jump off cliffs all the time and build your wings on the way down. //

-Ray Bradbury

Say yes.

// Our character is basically a composite of our habits. Because they are consistent, often unconscious patterns, they constantly, daily, express our character. //

-Stephen Covey

// You can't move
mountains by
whispering at them. //

-Pink

// You can't stay in your corner of the Forest waiting for others to come to you. You have to go to them sometimes. //

- Pooh, A. A. Milne

When we *really* want to make something happen, we figure out a way. We get creative. We open our minds. We let go of preconceived ideas that limit us. We give in to things not being the way we thought they needed to be... the way we thought they'd always be. We gamble on what could be... on what we could be. With that... everything is possible.

// Far and away the best
prize that life has to
offer is the chance
to work hard at work
worth doing. //

-Theodore Roosevelt

// Your work in life is the
ultimate seduction. //

-Pablo Picasso

// I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times. //

-Bruce Lee

**You can't make everyone
happy. You are not pizza.**

// It's not what you look
at that matters, it's what
you see. //

-Henry David Thoreau

// In a competitive world,
adversity is our ally. //

-Seth Godin

// The weak can never
forgive. Forgiveness
is the attribute of the
strong. //

-Mahatma Gandhi

// The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom. //

-Anais Nin

// Having honor is
the ability to live in
the light. //

-Unknown

// Go to work, get paid,
no call, no show,
you're fired. //

-Darrell Curtis (aka my Dad)

Go where your energy
buzzes loudest, and set
your goals from there.

// Intimacy is not a happy medium. It is a way of being in which the tension between distance and closeness is dissolved and a new horizon appears. Intimacy is beyond fear. //

-Henri Nouwen

// No act of kindness,
no matter how small,
is ever wasted. //

-Aesop

Trust is the ultimate risk, because it replaces our biggest fears. That's why it's so scary to give, so challenging to create, and so important to protect once we have it.

// It is true that integrity alone won't make you a leader, but without integrity you will never be one. //

-Zig Ziglar

“It ain't what you don't know that gets you into trouble, it's what you know for sure that just ain't so.”

-Mark Twain

// The best way to find
yourself is to lose
yourself in the service
of others. //

-Mahatma Gandhi

// The most important thing in communication is to hear what isn't being said. //

-Peter Drucker

// Nothing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen. //

-Epicetetus

Let the people you love...
love you.

// Don't waste your energy trying to change opinions. Do your thing, and don't care if they like it. //

-Tina Fey

// We are what we
repeatedly do.
Excellence, therefore is
not an act, but a habit. //

~Aristotle

// I'm not funny. What I am
is brave. //

-Lucille Ball

Sometimes it's time for
intensity, sometimes it's
time for ease.

“Listening is active. At its most basic level, it’s about focus, paying attention.”

-Simon Sinek

// To be successful,
you must accept all
challenges that come
your way. You can't
just accept the ones
you like. //

-Mike Grafka

// You are the average
of the five people
you spend the most
time with. //

-Jim Rohn

// Those who don't
believe in magic will
never find it. //

-Roald Dahl

// People are not lazy.
They simply have
impotent goals—that is,
goals that don't inspire
them. //

-Tony Robbins

// Go for it now. The future is promised to no one. //

-Wayne Dyer

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

-Socrates

You have all your
own answers.

// History, despite its wrenching pain, cannot be unlived, however, if faced with courage, need not be lived again. //

-Maya Angelou

// Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness. //

-Brené Brown

// Yeah, well, you know,
that's just, like, your
opinion, man. //

-The Dude

// We are all faced
with a series of great
opportunities brilliantly
disguised as impossible
situations. //

-Charles R. Swindoll

// Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph: a beginning, a struggle and a victory. //

-Mahatma Gandhi

**Grow or be left
behind by those
that do.**

Forgive people who fucked up, be kind to those who hurt you, and no matter what, always be the person YOU can be proud of at the end of the day.

// A journey of a thousand miles begins with a single step. //

-Lao Tzu

// Take advantage of every opportunity to practice your communication skills so that when important occasions arise, you will have the gift, the style, the sharpness, the clarity, and the emotions to affect other people. //

-Jim Rohn

**Success is in the effort,
not the outcome.**

True friendship never dies. It lives on in us, in how we are changed by those friends, in how we choose differently because of their influence.

// Separateness is an
illusion. //

- Pamela Gold

// You cannot have a
positive life and a
negative mind. //

-Joyce Meyer

Practice looking for what's
awesome and eventually
it's all you'll see.

// Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? Your playing small does not serve the world. We are meant to shine. It is not in some

of us, it is in everyone.
As we are liberated
from our own fear, we
unconsciously give
other people permission
to do the same. Our
presence automatically
liberates others.//

-Marianne Williamson

// The thing that is really hard and really amazing, is giving up on being perfect and beginning the work of becoming yourself. //

-Anna Quindlen

// We cannot selectively numb emotions, when we numb the painful emotions, we also numb the positive emotions. //

-Brené Brown

Think about what you would do for the person you love the most in this world... then do that for yourself. That kind of love will support you through all obstacles... through all pain.

// I don't follow the rules.
I never did, and I'm not
going to start. //

-Madonna Ciccone

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**Fun and excellence are not
mutually exclusive.**

// There's something sexy about a gut. Not a 400-pound beer gut, but a little paunch. I love that. //

-Sandra Bullock

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Some of the best things in
life only come when our
plan “fails.”

// I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship. //

-Brené Brown

// I see you. //

~Avatar

// I wouldn't dream of working on something that didn't make my gut rumble and my heart want to explode. //

-Kate Winslet

// If you don't know where
you're going, any road
will get you there. //

-Cheshire Cat, Alice in Wonderland, Lewis Carroll

Tell the people you love,
you love them. Right now.
Out loud. Knowing they
know is a gateway to great
peace inside.

“It is our choices that show what we truly are, far more than our abilities.”

-J.K. Rowling

// I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. //

- Michael Jordan

// Everything you've ever
wanted is on the other
side of fear. //

-George Addair

// "There is no use trying," said Alice, "one can't believe impossible things." "I dare say you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why sometimes, I've believed six impossible things before breakfast." //

-Lewis Carroll, Alice in Wonderland

// When something is
important enough, you
do it even if the odds
are not in your favor. //

-Elon Musk

Whether you're an artist,
writer, actor, dancer,
fashionista, conversationalist,
comedian, whatever kind of
creative... self-expression
gives us access to
confidence that is only
earned when we put
ourselves out there risking
judgment.

// To be on the cutting edge, you need an edge to cut with. That edge is your belief in yourself, sharp and ready to go. //

-Sara Ryan

// If you don't set a baseline standard for what you'll accept in life, you'll find it easy to slip into behaviors and attitudes or a quality of life that's far below what you deserve. //

-Tony Robbins

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**Start now being a person
you respect.**

// You can't be that kid standing at the top of the waterslide, overthinking it. You have to go down the chute. //

-Tina Fey

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**It is better to be trusted
than to be liked.**

// Growth ain't for weenies,
but it's nowhere near as
painful as living the life
you're living right now
if you're not really going
for it. //

-Jen Sincero

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Every choice we make is
the opportunity we take.

// An arrow can only be shot forward by pulling it backward. When life is dragging you down with difficulties, it means it's going to launch you into something great, so just focus, and keep aiming. //

-Unknown

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I would rather crash and
burn and rise from the ashes
than have never gone for it.

// Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. //

-Steve Jobs

// I still get very scared
every time I step in front
of a live audience. //

-Adam Sandler

// In boot camp, when I was laying on the ground, rifle in hand, sweating.. dying.. my drill instructor, that mean bastard, came up behind me as I'm laying there, and whispered in my ear, 'Remember, Curtis, an ass-kickin' can only last so long.' I never forgot that. //

-The Major Bro

// When you're doing sketch comedy and you're pregnant, it's like wearing a giant sombrero in every sketch. //

-Amy Poehler

// Dare to wear the foolish
clown face. //

-Frank Sinatra

// I say, follow your bliss
and don't be afraid.
Doors will be open
where you didn't know
they were going to be. //

-Joseph Campbell

“Effort and courage are not enough without purpose and direction.”

-John F. Kennedy

// The most dangerous
thing about regret is
you don't feel it yet. //

-Unknown

“My comedy is different every time I do it. I don’t know what the hell I’m doing.”

-Adam Sandler

Melanie Curtis

Feelings are not failure.

// Don't you dare shrink yourself for someone else's comfort. Do not become small for people who refuse to grow. //

-Anonymous

// We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection. Love is not something we give or get; it is something that we nurture and grow, a connection that can only be cultivated

between two people when it exists within each one of them – we can only love others as much as we love ourselves. Shame, blame, disrespect, betrayal, and the withholding of affection damage the roots from which love grows. Love can only survive these injuries if they are acknowledged, healed and rare. //

~Brené Brown

// I'm here to kick ass
and drink whiskey. And
pilgrim, I'm all out of
whiskey. //

-John Wayne

// Dynamite ham. //

-Woody Allen, Annie Hall

We never know when the people we've met along the way will become our friends. We never know when friends will become our good friends, or when good friends will become our family. Deepening our connections with the people on our path can be organic happenstance or opportunities we make effort to effect. Either way, we get more and give more and that's the good stuff. Just like in skydiving, keep your eyes and your heart open.

// Choose people who lift
you up. //

-Michelle Obama

// There's something liberating about not pretending. Dare to embarrass yourself. Risk. //

-Drew Barrymore

// Security is mostly superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. //

-Helen Keller

// If you want to change
the world, go home and
love your family. //

-Mother Theresa

// Live your life the way it was meant to be... stop worrying about what others think and say. //

-Andrée Shue Hickok (aka my amazing sister)

// People never ask people
doing serious music,
'Do you ever think about
doing funny music?' //

-Weird Al Yankovic

// Do not wait for
someone else to
validate your existence;
it is your own
responsibility. //

-Jasz Griff

// Honesty is a very
expensive gift. Don't
expect it from cheap
people. //

-Warren Buffett

// This above all: to thine
own self be true. //

-William Shakespeare

// A soul mate's purpose is to shake you up, tear apart your ego a little bit, show you your obstacles and addictions, break your heart open so new light can get in, make you so desperate and out of control that you have to transform your life, then introduce you to your spiritual master... //

-Elizabeth Gilbert, Eat Pray Love

// Vulnerability is the most accurate measurement of courage. //

-Brené Brown

// The best way to spread
Christmas cheer is
singing loud for all to
hear. //

-Buddy the Elf

// Opportunity is missed
by most people because
it is dressed in overalls
and looks like work. //

-Thomas Edison

The intensity of certain experiences is actually why they have such high value. Only in extreme circumstances is our capability truly tested. Only in extreme circumstances do we radically expand our strength, knowledge, and insight into ourselves.

“If you present yourself with confidence, you can pull off pretty much anything.”

-Katy Perry

// If you're going to be joyful, you've got to do it inside the challenges of your life. //

-Unknown

Take your time, and know
the next time it's time to go
big, because you've rested...
you'll be ready.

// Sometimes life hits you
in the head with a brick.
Don't lose faith. //

-Steve Jobs

// Life shrinks or expands
in proportion to one's
courage. //

Anais Nin

// Nothing is sustainable
without boundaries. //

-Brené Brown

// Love is being stupid
together. //

- Paul Valery

You are awesome.
You are. If you know
anything, know this.

“ I find, when you’re an
optimist, life has a
funny way of looking
after you.”

-Simon Sinek

// You are allowed to be
both a masterpiece
and a work in progress,
simultaneously. //

-Sophia Bush

// While I relish our warm months, winter forms our character and brings out our best. //

-Tom Allen

// Only I can change my
life. No one can do it
for me. //

-Carol Burnett

// Don't look at your feet
to see if you're doing it
right. Just dance. //

-Anne Lamott

// It is not fair to ask of
others what you are not
willing to do yourself. //

-Eleanor Roosevelt

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

-Mahatma Gandhi

// Prayers really do come
true. //

-Cindy Shue (aka best Mom ever)

// Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. //

-Elizabeth Gilbert, Eat Pray Love

“Always remember that you are absolutely unique. Just like everyone else.”

-Margaret Mead

// Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope. //

-Maya Angelou

Thank you.

No, really...

Thank you.

Right on, team! Thank you again for all your support and love! I hope you got even one new breakthrough for yourself by reading this book. Even better if you got more. Anything you feel inspired to share, or feedback you have, I will always want to hear.

Please reach out or say hi anytime! I would genuinely love to connect with you.

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ABOUT THE AUTHOR



Melanie Curtis is a coach, speaker, author, entrepreneur, professional skydiver, mini-spoof-movie maker, and lover of comedy, growth, and people. Melanie has jumped out of an airplane over 10,000 times, has traveled around the world coaching thousands of people, collecting insights, inspiration, and even more ridiculous memories and

lessons along the way. Melanie has made it her life's work to live fiercely by her chosen values, to lead by raw and real example, to connect deeply with others, and to share as many laughs and as much love as is available at every turn.

...

Life is so good, team. I'm so glad and grateful you're in mine. Thank you again! XO

A handwritten signature in black ink, appearing to read 'Mel', with a long, sweeping underline that curves back to the left.

“Talk to Melanie Curtis *ONCE*, and you’ll immediately feel the kind of positive energy that radiates from her all the time. She has led a life and career of bold choices and outlier results driven by a deep calling to making and deepening human connections and understanding. With that, Mel has earned a breadth and depth of wisdom and humor that I’d describe as a combination of Brené Brown and Elizabeth Gilbert, while also being uniquely her own. Mel says often that she believes love and hilarity are the two most important things in life, in that order, and what I can say to that is I don’t know anyone who lives, leads, and inspires more through those values.”

-Carolyn Chow

“About the author? One of my friends said I was a ‘Professional Badass,’ let’s just go with that.”

-Melanie Curtis

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