

The “Best of the Best” Quotes, Words of Wisdom and Affirmations 31-Day Challenge™

As entrepreneurs, executives, career professionals or service providers, we all have experienced a “light bulb” moment when we read a particular quote, an affirmations or a short paragraph that was filled with words of wisdom and advice.

After reading these treasured nuggets you may have altered your career or business course, revised your plan in order to take a different direction or you may have posted the treasured nugget somewhere in your office or possibly included it in your email signature.

The “**Best of the Best**” *Quotes, Words of Wisdom and Affirmations 31-Day Challenge*™ is for you to share your favorite quotes and words of wisdom and to hopefully be inspired by others who will also post their favorite quotes, words of wisdom or affirmations over the next 31 days.

Why should you do this? In January, 2011, I decided to take much better care of myself. I was doing better by the end of January and then on February 14th, I signed up for [Kathleen Aston's](#) “*I ♥ Myself 30 Day Ultimate Self-Care Challenge*”.



When I made that ultimate commitment on February 14th to take better care of myself during the “*I ♥ Myself 30 Day Ultimate Self-Care Challenge*”: I changed my diet, I started working out three times a week, I purchased new accessories and I created my own live-by slogan: “*Fifteen Weeks to Become Fit, Fine and Fabulous*™”. Had I not joined Kathleen Aston’s “*I ♥ Myself 30 Day Ultimate Self-Care Challenge*”, I would not have accomplished all of my self-care goals.

By **YOU** joining the “**Best of the Best**” *Quotes, Words of Wisdom and Affirmations 31-Day Challenge*™, you will have the opportunity to **share, learn and take action to achieve greater results in your career, business or life.**

The time is **Now** – Opt-in **Now** and start gathering your favorite Quotes, Words of Wisdom and Affirmations for posting and sharing starting on July 1, 2011.

If iron sharpens iron, then people sharpen and inspire other people. Don't miss the opportunity to share, learn and grow. To Be the Best you must continue to seek the Beyond.