

FRESHLY SQUEEZED QUOTES

200 FRESH MOTIVATIONAL AND
INSPIRATIONAL QUOTES

DUNCAN MUGUKU

Founder, ThriveYard.com

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INTRODUCTION

FRESHLY SQUEEZED QUOTES **200 Fresh Motivational and Inspirational Quotes**

Freshly Squeezed Quotes is a collection of 200 fresh and original quotes covering topics such as success, dreaming big, perseverance, taking action, work, failure, fear, happiness, personal growth and friendship.

The quotes will motivate and inspire you to reach a higher potential in both your life and your career, inspire you to take action in pursuing your dreams, give you hope and lift you up, help you to dream bigger and encourage you to make a difference in your life and other people's lives.

The quotes contain tips and ideas to improve your everyday life. They balance a mixture of being realistic, critical thinking, planning and having hope and belief because all these are essential ingredients in the journey towards success in your life and your career.

Read the 200 quotes as often as you can and add your own insights and experiences as well to get maximum value from the quotes. Identify which way works for you. When you learn and apply something that is of value to you please share it with others.

All the quotes in this eBook were written by Duncan Muguku, Founder, ThriveYard.com

ThriveYard is a career website that provides in-depth career success articles, videos, slides and infographics to help people get jobs, love their jobs and also grow and succeed in their careers.

I am excited to share the information in this eBook to help someone succeed. Please enjoy and have a fun time reading the quotes and feel free to share them.

Warm regards,

Duncan Muguku
Founder, ThriveYard
Author: Freshly Squeezed Quotes & Starting Strong, Finishing Strong
www.ThriveYard.com

I. SUCCESS QUOTES

FRESHLY SQUEEZED QUOTES

1

Success is reaching a predetermined goal and accomplishing something that is of value or important to you or others which you had set out to do in the past.

— *Duncan Muguku*

ThriveYard.com

Success is reaching a predetermined goal and accomplishing something that is of value or important to you or others which you had set out to do in the past.

— *Duncan Muguku*

2

Success is the desire, aspiration and drive to do something meaningful, important, significant, valuable or substantial that has an impact on your life and other people.

— *Duncan Muguku*

ThriveYard.com

Success is the desire, aspiration and drive to do something meaningful, important, significant, valuable or substantial that has an impact on your life and other people.

— *Duncan Muguku*

3

You are the only person who intimately knows what you want to accomplish in life and what kind of achievement will have the greatest meaning, fulfillment and impact in your life.

— *Duncan Muguku*

ThriveYard.com

You are the only person who intimately knows what you want to accomplish in life and what kind of achievement will have the greatest meaning, fulfillment and impact in your life.

— *Duncan Muguku*

4

**The first step towards achieving
your success is having a strong reason
why you want to succeed.**

— *Duncan Muguku*

ThriveYard.com

The first step towards achieving your success is having a strong reason why you want to succeed.

— *Duncan Muguku*

5

Success is not a one-off or overnight activity or event; instead it is a continuous process where the goal is to always keep getting better each day.

— *Duncan Muguku*

ThriveYard.com

Success is not a one-off or overnight activity or event; instead it is a continuous process where the goal is to always keep getting better each day.

— *Duncan Muguku*

6

Rarely will you achieve your success in one single shot; there will be many hits and misses. Be willing to endure a zig zag path. The goal is on average to end up with more hits than misses.

— *Duncan Muguku*

ThriveYard.com

Rarely will you achieve your success in one single shot; there will be many hits and misses. Be willing to endure a zig zag path. The goal is on average to end up with more hits than misses.

— *Duncan Muguku*

7

If you can define
your success,
you can also redefine it.

— *Duncan Muguku*

ThriveYard.com

If you can define your success, you can also redefine it.

— *Duncan Muguku*

8

**You have to fight for your success.
It will not be handed to you.
Prepare to go to the battlefield
of success with a made up mind
full of focus with images of
winning the battle firmly
imprinted on your mind.**

— *Duncan Muguku*

ThriveYard.com

You have to fight for your success. It will not be handed to you. Prepare to go to the battlefield of success with a made up mind full of focus with images of winning the battle firmly imprinted on your mind.

— *Duncan Muguku*

9

Aim to be the very best success that you possibly can be based on your success definition. Be the very best at what you do and know why you do what you do.

— *Duncan Muguku*

ThriveYard.com

Aim to be the very best success that you possibly can be based on your success definition. Be the very best at what you do and know why you do what you do.

— *Duncan Muguku*

10

**Your definition of success should
be a source of motivation and
energize you to get started
and keep working on
your success journey.**

— *Duncan Muguku*

ThriveYard.com

Your definition of success should be a source of motivation and energize you to get started and keep working on your success journey.

— *Duncan Muguku*

11

The first step towards being successful
is to define in your own terms
what success means to you.

— *Duncan Muguku*

ThriveYard.com

The first step towards being successful is to define in your own terms what success means to you.

— *Duncan Muguku*

12

Everyone's path to success is different. Choose the best combination of steps that works for you. For some, success will take a short time, for others it might take a bit longer.

— *Duncan Muguku*

ThriveYard.com

Everyone's path to success is different. Choose the best combination of steps that works for you. For some, success will take a short time, for others it might take a bit longer.

— *Duncan Muguku*

13

Success takes time, energy, sacrifice, passionate desire to succeed and a strong resolve to win. There will be mistakes and failure along the way, mistakes and failures are the bridges you cross on your way to success.

— *Duncan Muguku*

ThriveYard.com

Success takes time, energy, sacrifice, passionate desire to succeed and a strong resolve to win. There will be mistakes and failure along the way, mistakes and failures are the bridges you cross on your way to success.

— *Duncan Muguku*

14

As a successful person you should teach others about your failures and mistakes. Don't just poke holes on other people's dreams. Don't become a "professional balloon buster" someone who is skillful at blowing the air out of other people's dreams.

— *Duncan Muguku*

ThriveYard.com

As a successful person you should teach others about your failures and mistakes. Don't just poke holes on other people's dreams. Don't become a "professional balloon buster" someone who is skillful at blowing the air out of other people's dreams.

— *Duncan Muguku*

15

It is very exciting, encouraging and heart-warming to see others succeeding in their calling and talents.

— *Duncan Muguku*

ThriveYard.com

It is very exciting, encouraging and heart-warming to see others succeeding in their calling and talents.

— *Duncan Muguku*

16

Success should not necessarily
be in one single thing in your life
it can also be a few specific areas
or things that you want to
pursue and accomplish.

— *Duncan Muguku*

ThriveYard.com

Success should not necessarily be in one single thing in your life it can also be a few specific areas or things that you want to pursue and accomplish.

— *Duncan Muguku*

17

Success stems from living a life
where you truly gave it your all and
worked on attaining the greatest
good for yourself and other people.

— *Duncan Muguku*

ThriveYard.com

Success stems from living a life where you truly gave it your all and worked on attaining the greatest good for yourself and other people.

— *Duncan Muguku*

18

Your success is determined by
what you decide to do today.
What you decide to do today
determines your success.

— *Duncan Muguku*

ThriveYard.com

Your success is determined by what you decide to do today. What you decide to do today determines your success.

— *Duncan Muguku*

19

Your urge to succeed will keep you going when nobody else believes in you. It is that gut instinct that will strengthen you and keep you in the race when you feel tempted to give up.

— *Duncan Muguku*

ThriveYard.com

Your urge to succeed will keep you going when nobody else believes in you. It is that gut instinct that will strengthen you and keep you in the race when you feel tempted to give up.

— *Duncan Muguku*

20

Important ingredients of success
include improving our contribution
to the people and environment
that surrounds us.

— *Duncan Muguku*

ThriveYard.com

Important ingredients of success include improving our contribution to the people and environment that surrounds us.

— *Duncan Muguku*

21

To keep you focused on your journey towards success you need to have a captivating and exciting reason to keep moving forward every day. This excitement should ignite your spark plugs and provide the power to chug along.

— *Duncan Muguku*

ThriveYard.com

To keep you focused on your journey towards success you need to have a captivating and exciting reason to keep moving forward every day. This excitement should ignite your spark plugs and provide the power to chug along.

— *Duncan Muguku*

22

You don't have
to start big
to succeed.

— *Duncan Muguku*

ThriveYard.com

You don't have to start big to succeed.

— *Duncan Muguku*

23

The highest ideal as you pursue success is to aim to make a difference in both your life and in other people's lives.

— *Duncan Muguku*

ThriveYard.com

The highest ideal as you pursue success is to aim to make a difference in both your life and in other people's lives.

— *Duncan Muguku*

24

In the pursuit of success, challenges and setbacks are ever present like ocean waves lapping on a beach, the waves come and go, over and over in cycles.

— *Duncan Muguku*

ThriveYard.com

In the pursuit of success, challenges and setbacks are ever present like ocean waves lapping on a beach, the waves come and go, over and over in cycles.

— *Duncan Muguku*

25

Success is about getting that extra push in life. Success is not a one-off or overnight activity or event; rather it is a lifelong process where the goal is to always keep getting better and better each day.

— *Duncan Muguku*

ThriveYard.com

Success is about getting that extra push in life. Success is not a one-off or overnight activity or event; rather it is a lifelong process where the goal is to always keep getting better and better each day.

— *Duncan Muguku*

II. MOTIVATIONAL QUOTES

FRESHLY SQUEEZED QUOTES

26

Challenges make you stronger and strengthen your ability to face and conquer more adversity in the future; you become more confident from overcoming many difficulties.

— *Duncan Muguku*

ThriveYard.com

Challenges make you stronger and strengthen your ability to face and conquer more adversity in the future; you become more confident from overcoming many difficulties.

— *Duncan Muguku*

27

**Adversity brings opportunities if
you hang in there long enough.
Sometimes a closed door is an
opportunity for you to find another
way to go through.**

— *Duncan Muguku*

ThriveYard.com

Adversity brings opportunities if you hang in there long enough. Sometimes a closed door is an opportunity for you to find another way to go through.

— *Duncan Muguku*

28

Sometimes adversity can be good because when you reach the edge of a cliff and there is no more road visible and no safety net is in sight, that is when your mind goes into overdrive and figures out incredible solutions.

— *Duncan Muguku*

ThriveYard.com

Sometimes adversity can be good because when you reach the edge of a cliff and there is no more road visible and no safety net is in sight, that is when your mind goes into overdrive and figures out incredible solutions.

— *Duncan Muguku*

29

Do much more than is required
and make this your signature style.
Do your best at all times.

— *Duncan Muguku*

ThriveYard.com

Do much more than is required and make this your signature style. Do your best at all times.

— *Duncan Muguku*

30

Envisioning possible obstacles in your mind before they actually happen gives you an edge because when the actual problem happens you will be more comfortable handling it.

— *Duncan Muguku*

ThriveYard.com

Envisioning possible obstacles in your mind before they actually happen gives you an edge because when the actual problem happens you will be more comfortable handling it.

— *Duncan Muguku*

31

Life will throw you curveballs;
there will be hardships and
struggles. Expect the unexpected
and react well to challenges. Don't
beat yourself up, practice thinking
on your feet and being spontaneous.

— *Duncan Muguku*

ThriveYard.com

Life will throw you curveballs; there will be hardships and struggles. Expect the unexpected and react well to challenges. Don't beat yourself up, practice thinking on your feet and being spontaneous.

— *Duncan Muguku*

32

Doubt, fear, worry and uncertainty stop people from taking action. Sometimes we think that we have to take big steps to start out and this becomes a paralyzing thought.

— *Duncan Muguku*

ThriveYard.com

Doubt, fear, worry and uncertainty stop people from taking action. Sometimes we think that we have to take big steps to start out and this becomes a paralyzing thought.

— *Duncan Muguku*

33

Thinking about all the positive outcomes and possibilities that you want should encourage you to take the first step in pursuing your goals.

— *Duncan Muguku*

ThriveYard.com

Thinking about all the positive outcomes and possibilities that you want should encourage you to take the first step in pursuing your goals.

— *Duncan Muguku*

34

There is great wisdom in starting small and growing big over time likewise there is great wisdom in starting your journey to success one step at a time.

— *Duncan Muguku*

ThriveYard.com

There is great wisdom in starting small and growing big over time likewise there is great wisdom in starting your journey to success one step at a time.

— *Duncan Muguku*

35

Little steps taken over time have the potential to make a difference. The small steps and actions add up over time.

— *Duncan Muguku*

ThriveYard.com

Little steps taken over time have the potential to make a difference. The small steps and actions add up over time.

— *Duncan Muguku*

36

Taking the first step is usually the hardest part of the journey. Start at the level where you are then grow and increase your skill level and output over time.

— *Duncan Muguku*

ThriveYard.com

Taking the first step is usually the hardest part of the journey. Start at the level where you are then grow and increase your skill level and output over time.

— *Duncan Muguku*

37

Whenever you feel overwhelmed by how much work and time it will take to accomplish your goals, take a moment to reflect on and appreciate the progress you have already made. Small wins here and there are to be cherished.

— *Duncan Muguku*

ThriveYard.com

Whenever you feel overwhelmed by how much work and time it will take to accomplish your goals, take a moment to reflect on and appreciate the progress you have already made. Small wins here and there are to be cherished.

— *Duncan Muguku*

III. INSPIRATIONAL QUOTES

FRESHLY SQUEEZED QUOTES

38

In life, all you need is
one win at a time,
it all adds up over time.

— *Duncan Muguku*

ThriveYard.com

In life, all you need is one win at a time, it all adds up over time.

— *Duncan Muguku*

39

Passion takes effort; you keep working at something over and over until you become good at it over time.

— *Duncan Muguku*

ThriveYard.com

Passion takes effort; you keep working at something over and over until you become good at it over time.

— *Duncan Muguku*

40

A clear vision points you towards what you want to be in life. Knowing your destination will keep you traveling on the right road, even if you go off track you will be able to reset and get back on track.

— *Duncan Muguku*

ThriveYard.com

A clear vision points you towards what you want to be in life. Knowing your destination will keep you traveling on the right road, even if you go off track you will be able to reset and get back on track.

— *Duncan Muguku*

41

A critical ingredient for a strong vision is knowing what you are willing to do to achieve your vision and also knowing what you will not do. Both sides of the coin are equally important in determining how successful you will become.

— *Duncan Muguku*

ThriveYard.com

A critical ingredient for a strong vision is knowing what you are willing to do to achieve your vision and also knowing what you will not do. Both sides of the coin are equally important in determining how successful you will become.

— *Duncan Muguku*

42

A powerful vision translates to passion which gives you great gusto and intensity in the actions that you take. It gives more meaning, enjoyment, pleasure and satisfaction to life. In short it increases your appetite for life.

— *Duncan Muguku*

ThriveYard.com

A powerful vision translates to passion which gives you great gusto and intensity in the actions that you take. It gives more meaning, enjoyment, pleasure and satisfaction to life. In short it increases your appetite for life.

— *Duncan Muguku*

43

Imagining a better brighter future
helps to invigorate and inspire you
and keeps you motivated even
when circumstances are tough.

— *Duncan Muguku*

ThriveYard.com

Imagining a better brighter future helps to invigorate and inspire you and keeps you motivated even when circumstances are tough.

— *Duncan Muguku*

44

Uncertainty is your friend; it keeps you believing, exploring, learning, growing and searching for possibilities to connect the dots.

— *Duncan Muguku*

ThriveYard.com

Uncertainty is your friend; it keeps you believing, exploring, learning, growing and searching for possibilities to connect the dots.

— *Duncan Muguku*

45

Knowing that you have faced obstacles in the past and have emerged victorious will give you the confidence to persevere and keep trying.

— *Duncan Muguku*

ThriveYard.com

Knowing that you have faced obstacles in the past and have emerged victorious will give you the confidence to persevere and keep trying.

— *Duncan Muguku*

46

Helping others is a powerful drug;
it's all about putting yourself in
other people's shoes, empathizing
with them and stretching out your
hand to lift someone up.

— *Duncan Muguku*

ThriveYard.com

Helping others is a powerful drug; it's all about putting yourself in other people's shoes, empathizing with them and stretching out your hand to lift someone up.

— *Duncan Muguku*

47

Everyone has a unique and positive quality about them when we take time to listen to and understand others.

— *Duncan Muguku*

ThriveYard.com

Everyone has a unique and positive quality about them when we take time to listen to and understand others.

— *Duncan Muguku*

48

Maintaining a positive attitude is continuous work. Just keep working on it one day at a time. Keep planting positive seeds in your mind and uprooting the negativity weeds.

— *Duncan Muguku*

ThriveYard.com

Maintaining a positive attitude is continuous work. Just keep working on it one day at a time. Keep planting positive seeds in your mind and uprooting the negativity weeds.

— *Duncan Muguku*

49

The more you focus on your self-doubts the larger they appear to be; seemingly transforming from snowflakes to an avalanche.

— *Duncan Muguku*

ThriveYard.com

The more you focus on your self-doubts the larger they appear to be; seemingly transforming from snowflakes to an avalanche.

— *Duncan Muguku*

50

People respond to you based on how you see yourself, treat yourself and carry yourself. Carry yourself with grace as someone worthy and deserving of respect.

— *Duncan Muguku*

ThriveYard.com

People respond to you based on how you see yourself, treat yourself and carry yourself. Carry yourself with grace as someone worthy and deserving of respect.

— *Duncan Muguku*

51

Self-doubt is that inner voice that kills dreams before they are born, that tells you why your plans will not work.

— *Duncan Muguku*

ThriveYard.com

Self-doubt is that inner voice that kills dreams before they are born, that tells you why your plans will not work.

— *Duncan Muguku*

52

Develop mental umbrellas to shield yourself from the flood of self-doubt before it capsizes you over and drowns you.

— *Duncan Muguku*

ThriveYard.com

Develop mental umbrellas to shield yourself from the flood of self-doubt before it capsizes you over and drowns you.

— *Duncan Muguku*

53

Strive to make a difference in your own way. You can inspire yourself, you can inspire others. You can encourage yourself, you can encourage others.

— *Duncan Muguku*

ThriveYard.com

Strive to make a difference in your own way. You can inspire yourself, you can inspire others. You can encourage yourself, you can encourage others.

— *Duncan Muguku*

54

Don't live in the past. Don't let your past hold you back from moving forward. Break through the past.

— *Duncan Muguku*

ThriveYard.com

Don't live in the past. Don't let your past hold you back from moving forward. Break through the past.

— *Duncan Muguku*

IV. DREAMING BIG

FRESHLY SQUEEZED QUOTES

55

A big dream is a substantial wish or an aspiration for something, of which when we attain it; we believe it would fulfill or satisfy an inner longing or desire.

— *Duncan Muguku*

ThriveYard.com

A big dream is a substantial wish or an aspiration for something, of which when we attain it; we believe it would fulfill or satisfy an inner longing or desire.

— *Duncan Muguku*

56

Knowing what your big dream is,
why you want to achieve it and when
is a very powerful driving force.

— *Duncan Muguku*

ThriveYard.com

Knowing what your big dream is, why you want to achieve it and when is a very powerful driving force.

— *Duncan Muguku*

57

**You have a right to dream big,
illogical, irrational and
unreasonable dreams.**

— *Duncan Muguku*

ThriveYard.com

You have a right to dream big, illogical, irrational and unreasonable dreams.

— *Duncan Muguku*

58

Your big dream is the blueprint
and foundation for your future self.
You are the architect; draw out
your big dream.

— *Duncan Muguku*

ThriveYard.com

Your big dream is the blueprint and foundation for your future self. You are the architect; draw out your big dream.

— *Duncan Muguku*

59

A big dreamer dreams big
then takes small actions
one at a time.

— *Duncan Muguku*

ThriveYard.com

A big dreamer dreams big then takes small actions one at a time.

— *Duncan Muguku*

60

Without action,
big dreams
are simply dreams.

— *Duncan Muguku*

ThriveYard.com

Without action, big dreams are simply dreams.

— *Duncan Muguku*

61

**Big dreams rarely have an
instruction manual; you figure
it out as you go.**

— *Duncan Muguku*

ThriveYard.com

Big dreams rarely have an instruction manual; you figure it out as you go.

— *Duncan Muguku*

62

The biggest dream killer is dreaming big and then doing nothing. Get started, hit the ignition switch, step on the gas, engage the gear and start steering.

— *Duncan Muguku*

ThriveYard.com

The biggest dream killer is dreaming big and then doing nothing. Get started, hit the ignition switch, step on the gas, engage the gear and start steering.

— *Duncan Muguku*

63

By daring to dream big and going forward to reach for your dreams you in turn inspire others to dare to dream big and aim to attain the highest purpose of their life.

— *Duncan Muguku*

ThriveYard.com

By daring to dream big and going forward to reach for your dreams you in turn inspire others to dare to dream big and aim to attain the highest purpose of their life.

— *Duncan Muguku*

64

Whatever your big dream is,
you should own it and
be proud of it.

— *Duncan Muguku*

ThriveYard.com

Whatever your big dream is, you should own it and be proud of it.

— *Duncan Muguku*

65

Scare yourself with your imagination.
Visualize new and bold things and
ideas. Think expansively without
fear and limits.

— *Duncan Muguku*

ThriveYard.com

Scare yourself with your imagination. Visualize new and bold things and ideas. Think expansively without fear and limits.

— *Duncan Muguku*

66

Find out what you want to achieve
in life. Step up and jump over the
wall of fear. Chase your big dream
with passion.

— *Duncan Muguku*

ThriveYard.com

Find out what you want to achieve in life. Step up and jump over the wall of fear. Chase your big dream with passion.

— *Duncan Muguku*

67

**A big dream is the fire in your belly
that fills you up with a craving to
make yourself and things better.**

— *Duncan Muguku*

ThriveYard.com

A big dream is the fire in your belly that fills you up with a craving to make yourself and things better.

— *Duncan Muguku*

68

A big dream is a bold vision of the future. It brings out your passion, imagination, creativity and a willingness to take and embrace risk. You can see the final destination in your mind's eye and it inspires and empowers you.

— *Duncan Muguku*

ThriveYard.com

A big dream is a bold vision of the future. It brings out your passion, imagination, creativity and a willingness to take and embrace risk. You can see the final destination in your mind's eye and it inspires and empowers you.

— *Duncan Muguku*

69

Other people's big dreams are just as important as our own dreams.
We should always strive to help others to realize their dreams.

— *Duncan Muguku*

ThriveYard.com

Other people's big dreams are just as important as our own dreams. We should always strive to help others to realize their dreams.

— *Duncan Muguku*

70

Take time to dream big, immerse
yourself into the dream and see
what your aspirational future
would look like.

— *Duncan Muguku*

ThriveYard.com

Take time to dream big, immerse yourself into the dream and see what your aspirational future would look like.

— *Duncan Muguku*

71

We don't know all the steps to achieve our big dreams. Some steps will work, others won't. When steps you have taken do not lead to the desired path, retreat to a predetermined base, pull out your binoculars, survey the terrain then take another path.

— *Duncan Muguku*

ThriveYard.com

We don't know all the steps to achieve our big dreams. Some steps will work, others won't. When steps you have taken do not lead to the desired path, retreat to a predetermined base, pull out your binoculars, survey the terrain then take another path.

— *Duncan Muguku*

72

Your dream is your purpose and your personal mission statement. Knowing your purpose in life gives you peace of mind. Your purpose is what differentiates you from everyone else.

— *Duncan Muguku*

ThriveYard.com

Your dream is your purpose and your personal mission statement. Knowing your purpose in life gives you peace of mind. Your purpose is what differentiates you from everyone else.

— *Duncan Muguku*

73

There is something powerful about seeing how the end goal looks like. Connect with your goals and let them excite you. In your dreams always aim as high as you can and don't worry about detractors and critics.

— *Duncan Muguku*

ThriveYard.com

There is something powerful about seeing how the end goal looks like. Connect with your goals and let them excite you. In your dreams always aim as high as you can and don't worry about detractors and critics.

— *Duncan Muguku*

74

Do not loose your dream. Keep your dream alive. Write down your big dream in one or two specific sentences then read it out aloud and record yourself.

— *Duncan Muguku*

ThriveYard.com

Do not loose your dream. Keep your dream alive. Write down your big dream in one or two specific sentences then read it out aloud and record yourself.

— *Duncan Muguku*

75

Share your first-hand story with someone to encourage and inspire others to have the courage to pursue their big dreams.

— *Duncan Muguku*

ThriveYard.com

Share your first-hand story with someone to encourage and inspire others to have the courage to pursue their big dreams.

— *Duncan Muguku*

76

There will always be an element of risk associated with pursuing your big dreams. You do not know if your dream will work out or not.

— *Duncan Muguku*

ThriveYard.com

There will always be an element of risk associated with pursuing your big dreams. You do not know if your dream will work out or not.

— *Duncan Muguku*

77

Many people appreciate an idea after it is successful and not during its infancy stage. When you are busy tinkering with your invention, few people will see the value of what you are doing until you present the finished product.

— Duncan Muguku

ThriveYard.com

Many people appreciate an idea after it is successful and not during its infancy stage. When you are busy tinkering with your invention, few people will see the value of what you are doing until you present the finished product.

— Duncan Muguku

78

Don't start too big in your execution. Dream big and start small. A big dream without proper execution can be doomed to failure.

— *Duncan Muguku*

ThriveYard.com

Don't start too big in your execution. Dream big and start small. A big dream without proper execution can be doomed to failure.

— *Duncan Muguku*

79

Dream predators will often be lurking around to kill your dreams. Cynics will tell you multiple reasons why your big dream won't work rather than why it will work.

— *Duncan Muguku*

ThriveYard.com

Dream predators will often be lurking around to kill your dreams. Cynics will tell you multiple reasons why your big dream won't work rather than why it will work.

— *Duncan Muguku*

80

The bigger
the dream
the more exciting it is.

— *Duncan Muguku*

ThriveYard.com

The bigger the dream the more exciting it is.

— *Duncan Muguku*

81

Believe that your dream is achievable
and identify steps to work towards
achieving your big dream.

— *Duncan Muguku*

ThriveYard.com

Believe that your dream is achievable and identify steps to work towards achieving your big dream.

— *Duncan Muguku*

82

**A big dream is like a seed planted
on the ground that needs constant
watering and nurturing so
that it can grow.**

— *Duncan Muguku*

ThriveYard.com

A big dream is like a seed planted on the ground that needs constant watering and nurturing so that it can grow.

— *Duncan Muguku*

83

To achieve great success in life you have to dream big. Your big dream should inspire you to take the necessary action to achieve the dream.

— *Duncan Muguku*

ThriveYard.com

To achieve great success in life you have to dream big. Your big dream should inspire you to take the necessary action to achieve the dream.

— *Duncan Muguku*

84

The goal of dreaming big is to create a better life for yourself and others. Imagine endless possibilities for your life, your career, your family and the world.

— *Duncan Muguku*

ThriveYard.com

The goal of dreaming big is to create a better life for yourself and others. Imagine endless possibilities for your life, your career, your family and the world.

— *Duncan Muguku*

V. HAPPINESS

FRESHLY SQUEEZED QUOTES

85

One of the most important and impactful choices that you can make in life is deciding to be happy.

— *Duncan Muguku*

ThriveYard.com

One of the most important and impactful choices that you can make in life is deciding to be happy.

— *Duncan Muguku*

86

Look for happiness within, surround yourself with happy people, laugh deeply, do good things for yourself and others, do things that you love, apologize to others, forgive others and have empathy.

— *Duncan Muguku*

ThriveYard.com

Look for happiness within, surround yourself with happy people, laugh deeply, do good things for yourself and others, do things that you love, apologize to others, forgive others and have empathy.

— *Duncan Muguku*

87

What we constantly think about
influences our day to day
outlook on life.

— *Duncan Muguku*

ThriveYard.com

What we constantly think about influences our day to day outlook on life.

— *Duncan Muguku*

88

When we make a genuine effort to support other people, we also benefit from the good feelings and happiness that we experience internally. When you have a chance and opportunity to serve others, do so wholeheartedly.

— *Duncan Muguku*

ThriveYard.com

When we make a genuine effort to support other people, we also benefit from the good feelings and happiness that we experience internally. When you have a chance and opportunity to serve others, do so wholeheartedly.

— *Duncan Muguku*

89

Adorn yourself with a contagious smile, a heartfelt smile and infect others with it. Smile back at others.

— *Duncan Muguku*

ThriveYard.com

Adorn yourself with a contagious smile, a heartfelt smile and infect others with it. Smile back at others.

— *Duncan Muguku*

90

When you make an effort to genuinely smile it makes you happier and it makes you look friendly and approachable.

— *Duncan Muguku*

ThriveYard.com

When you make an effort to genuinely smile it makes you happier and it makes you look friendly and approachable.

— *Duncan Muguku*

91

Smiling also makes the other person
happier and it will help you build
relationships with others.

— *Duncan Muguku*

ThriveYard.com

Smiling also makes the other person happier and it will help you build relationships
with others.

— *Duncan Muguku*

92

Unhappiness slows you down.
Great happiness is found in
helping others.

— *Duncan Muguku*

ThriveYard.com

Unhappiness slows you down. Great happiness is found in helping others.

— *Duncan Muguku*

93

Choose to make peace with yourself
and others - don't worry about
what other people think when you
decide to stay quiet, you cannot
please everyone.

— *Duncan Muguku*

ThriveYard.com

Choose to make peace with yourself and others - don't worry about what other people think when you decide to stay quiet, you cannot please everyone.

— *Duncan Muguku*

94

Slow down and zig zag every so often. Do not be so busy that life passes you by. Make memories, enjoy life and have fun.

— *Duncan Muguku*

ThriveYard.com

Slow down and zig zag every so often. Do not be so busy that life passes you by. Make memories, enjoy life and have fun.

— *Duncan Muguku*

VI. PERSEVERANCE

FRESHLY SQUEEZED QUOTES

95

Perseverance is a series of bridges for crossing the rivers of adversity as you pursue your vision and success.

— *Duncan Muguku*

ThriveYard.com

Perseverance is a series of bridges for crossing the rivers of adversity as you pursue your vision and success.

— *Duncan Muguku*

96

Perseverance is determining to keep on going in the face of setbacks and challenges. It is that inner drive that keeps you in the game when everything else says it's time to quit.

— *Duncan Muguku*

ThriveYard.com

Perseverance is determining to keep on going in the face of setbacks and challenges. It is that inner drive that keeps you in the game when everything else says it's time to quit.

— *Duncan Muguku*

97

Perseverance is the staying power to follow through and exert effort till the end to achieve your goals, dreams and vision.

— *Duncan Muguku*

ThriveYard.com

Perseverance is the staying power to follow through and exert effort till the end to achieve your goals, dreams and vision.

— *Duncan Muguku*

98

Perseverance is resolving to put one
foot after another when the
finish line is nowhere in sight.

— *Duncan Muguku*

ThriveYard.com

Perseverance is resolving to put one foot after another when the finish line is nowhere in sight.

— *Duncan Muguku*

99

Persevering builds your resilience and strengthens your willpower. You become more focused in organizing and sequencing activities, you learn what works and what doesn't.

— *Duncan Muguku*

ThriveYard.com

Persevering builds your resilience and strengthens your willpower. You become more focused in organizing and sequencing activities, you learn what works and what doesn't.

— *Duncan Muguku*

VII. TAKING ACTION

FRESHLY SQUEEZED QUOTES

100

Develop your risk tolerance; plan as best as you can, break down goals into small easy to-do tasks, gradually build up your risk appetite by finishing one small task, then move to the next one.

— Duncan Muguku

ThriveYard.com

Develop your risk tolerance; plan as best as you can, break down goals into small easy to-do tasks, gradually build up your risk appetite by finishing one small task, then move to the next one.

— Duncan Muguku

101

Start at the level where you are then grow and increase your skill level and output over time. Do something. Inaction is a killer of big dreams.

— *Duncan Muguku*

ThriveYard.com

Start at the level where you are then grow and increase your skill level and output over time. Do something. Inaction is a killer of big dreams.

— *Duncan Muguku*

102

Taking action
gives birth
to momentum.

— *Duncan Muguku*

ThriveYard.com

Taking action gives birth to momentum.

— *Duncan Muguku*

103

Action strengthens you. It grows you, makes you smarter, you learn more, you self-correct as you move along, you improve and become better.

— *Duncan Muguku*

ThriveYard.com

Action strengthens you. It grows you, makes you smarter, you learn more, you self-correct as you move along, you improve and become better.

— *Duncan Muguku*

104

Action is a two sided coin - success on one side and failure on the other. When you toss your "action coin" and it lands on failure, evaluate why your coin landed on failure. What are the lessons to be learned? Then try again.

— *Duncan Muguku*

ThriveYard.com

Action is a two sided coin - success on one side and failure on the other. When you toss your "action coin" and it lands on failure, evaluate why your coin landed on failure. What are the lessons to be learned? Then try again.

— *Duncan Muguku*

105

By overthinking the starting point you might end up not taking any action. Remember that other people have been at the same starting point that you are in and they took the plunge and dove into action.

— *Duncan Muguku*

ThriveYard.com

By overthinking the starting point you might end up not taking any action. Remember that other people have been at the same starting point that you are in and they took the plunge and dove into action.

— *Duncan Muguku*

106

Humble and small beginnings are
great laboratories where we can
develop our inventions
and experiments.

— *Duncan Muguku*

ThriveYard.com

Humble and small beginnings are great laboratories where we can develop our inventions and experiments.

— *Duncan Muguku*

107

Sometimes you'll start and restart many times as you try to get the right footing. Do not be discouraged by how many times you have to start. Once you gain your balance take a few easy steps and then a few more.

— Duncan Muguku

ThriveYard.com

Sometimes you'll start and restart many times as you try to get the right footing. Do not be discouraged by how many times you have to start. Once you gain your balance take a few easy steps and then a few more.

— Duncan Muguku

108

The key to growth and progress is to do a bit more each new day than you did the previous day and make small improvements as you move along.

— *Duncan Muguku*

ThriveYard.com

The key to growth and progress is to do a bit more each new day than you did the previous day and make small improvements as you move along.

— *Duncan Muguku*

109

It becomes significantly easier to help others and make a difference in their lives when we have taken care of our lives or are actively taking action to be where we want to be in our lives.

— *Duncan Muguku*

ThriveYard.com

It becomes significantly easier to help others and make a difference in their lives when we have taken care of our lives or are actively taking action to be where we want to be in our lives.

— *Duncan Muguku*

110

Risk is at the epicenter of actions
taken towards achieving dreams.
There is an element of
risk associated with pursuing
your dreams.

— *Duncan Muguku*

ThriveYard.com

Risk is at the epicenter of actions taken towards achieving dreams. There is an element of risk associated with pursuing your dreams.

— *Duncan Muguku*

111

There is agony and inertia that is experienced before attempting something risky that takes you out of your comfort zone.

— *Duncan Muguku*

ThriveYard.com

There is agony and inertia that is experienced before attempting something risky that takes you out of your comfort zone.

— *Duncan Muguku*

112

When you passionately believe in a specific course of action and you take a risk to pursue it, that sets you apart from those who simply think and talk about doing something but don't do anything about it.

— *Duncan Muguku*

ThriveYard.com

When you passionately believe in a specific course of action and you take a risk to pursue it, that sets you apart from those who simply think and talk about doing something but don't do anything about it.

— *Duncan Muguku*

113

Procrastination is a waiting game:
Waiting until all the pieces of the
puzzle are available; waiting for the
right conditions; waiting and
breeding procrastination upon
procrastination – a procrastination
infestation, over analyzing, dodging
and saying that I will do it one day.

— *Duncan Muguku*

ThriveYard.com

Procrastination is a waiting game: Waiting until all the pieces of the puzzle are available; waiting for the right conditions; waiting and breeding procrastination upon procrastination – a procrastination infestation, over analyzing, dodging and saying that I will do it one day.

— *Duncan Muguku*

114

No step or action is too small. Keep building on it. Dream big and start small is useful advice to remember.

— *Duncan Muguku*

ThriveYard.com

No step or action is too small. Keep building on it. Dream big and start small is useful advice to remember.

— *Duncan Muguku*

115

Taking action is the most important step towards success. The simple truth is that dreams, visions and goals are achieved and accomplished only through action.

— *Duncan Muguku*

ThriveYard.com

Taking action is the most important step towards success. The simple truth is that dreams, visions and goals are achieved and accomplished only through action.

— *Duncan Muguku*

116

Action increases your confidence
and leads to more action. By taking
action you get things done.

— *Duncan Muguku*

ThriveYard.com

Action increases your confidence and leads to more action. By taking action you get things done.

— *Duncan Muguku*

VIII. FAILURE

FRESHLY SQUEEZED QUOTES

117

Failure is the bridge
that you cross on your way
towards success.

— *Duncan Muguku*

ThriveYard.com

Failure is the bridge that you cross on your way towards success.

— *Duncan Muguku*

118

Failing should strengthen your
tenacity and determination to
inch towards your goal.

— *Duncan Muguku*

ThriveYard.com

Failing should strengthen your tenacity and determination to inch towards your goal.

— *Duncan Muguku*

119

Everyone has something special to offer in life. Avoid the pattern of thinking that just because you failed in one thing you will fail in everything.

— *Duncan Muguku*

ThriveYard.com

Everyone has something special to offer in life. Avoid the pattern of thinking that just because you failed in one thing you will fail in everything.

— *Duncan Muguku*

120

Fear of failure causes premature death of dreams. It would be naive to ignore that failure is a possibility but at the same time it should not hold you back from taking action.

— *Duncan Muguku*

ThriveYard.com

Fear of failure causes premature death of dreams. It would be naive to ignore that failure is a possibility but at the same time it should not hold you back from taking action.

— *Duncan Muguku*

IX. CHANGE

FRESHLY SQUEEZED QUOTES

121

Not all plans go as intended. Allow room for trial and error. Be flexible enough to retrace your steps if a chosen route does not work. Go back to base and figure out another route.

— *Duncan Muguku*

ThriveYard.com

Not all plans go as intended. Allow room for trial and error. Be flexible enough to retrace your steps if a chosen route does not work. Go back to base and figure out another route.

— *Duncan Muguku*

122

Open the door for constructive criticism that will help you grow even if it will sting, aim to look for the honey within the bee sting.

— *Duncan Muguku*

ThriveYard.com

Open the door for constructive criticism that will help you grow even if it will sting, aim to look for the honey within the bee sting.

— *Duncan Muguku*

123

Sometimes the strategies that you had thought would work might not work. Learn from failures and mistakes and be flexible to change your strategies when needed.

— *Duncan Muguku*

ThriveYard.com

Sometimes the strategies that you had thought would work might not work. Learn from failures and mistakes and be flexible to change your strategies when needed.

— *Duncan Muguku*

X. FEAR

FRESHLY SQUEEZED QUOTES

124

Fear is a gate;
you control the password
to unlock the fear gate.

— *Duncan Muguku*

ThriveYard.com

Fear is a gate; you control the password to unlock the fear gate.

— *Duncan Muguku*

125

Fear keeps you alert, it keeps you surviving and progressing, it is a thermometer that lets you know you are moving into a hot area and doing something beyond the normal.

— *Duncan Muguku*

ThriveYard.com

Fear keeps you alert, it keeps you surviving and progressing, it is a thermometer that lets you know you are moving into a hot area and doing something beyond the normal.

— *Duncan Muguku*

126

Overcoming fear is not a one-off event it is a process where as you unlock one fear gate, you gain confidence to unlock another gate and another one. Thereby increasing confidence and moving away from your comfort zone towards higher possibilities.

— *Duncan Muguku*

ThriveYard.com

Overcoming fear is not a one-off event it is a process where as you unlock one fear gate, you gain confidence to unlock another gate and another one. Thereby increasing confidence and moving away from your comfort zone towards higher possibilities.

— *Duncan Muguku*

127

Identify the root of your fear.
Undertake a root canal on fear.
Put on an imaginary surgical mask
and perform surgery on fear, cut
open fear and analyze its contents
under a microscope. Identify and
isolate the fear toxins
contaminating the cells.

— *Duncan Muguku*

ThriveYard.com

Identify the root of your fear. Undertake a root canal on fear. Put on an imaginary surgical mask and perform surgery on fear, cut open fear and analyze its contents under a microscope. Identify and isolate the fear toxins contaminating the cells.

— *Duncan Muguku*

128

Being fearful is a scary feeling, it makes one imagine all sorts of outcomes and scenarios. Persevering through and in spite of fear stems from a determination to succeed and make a difference in your life and those of other people.

— Duncan Muguku

ThriveYard.com

Being fearful is a scary feeling, it makes one imagine all sorts of outcomes and scenarios. Persevering through and in spite of fear stems from a determination to succeed and make a difference in your life and those of other people.

— Duncan Muguku

129

You might think that you are just ordinary but you could be extraordinary. How will you know how extraordinary you can become if you don't try to pursue your dreams? Jump over the wall of fear. Chase your dream with passion.

— Duncan Muguku

ThriveYard.com

You might think that you are just ordinary but you could be extraordinary. How will you know how extraordinary you can become if you don't try to pursue your dreams? Jump over the wall of fear. Chase your dream with passion.

— Duncan Muguku

130

At the basic level fear helps to keep us safe and alive. Fear heightens your senses and awareness; it keeps you alert and helps in better preparation. The negative side of fear is when it holds you back from doing something positive.

— *Duncan Muguku*

ThriveYard.com

At the basic level fear helps to keep us safe and alive. Fear heightens your senses and awareness; it keeps you alert and helps in better preparation. The negative side of fear is when it holds you back from doing something positive.

— *Duncan Muguku*

131

To achieve great potential or greater heights - have fear and still push through it. Overcoming fear is done through action.

— *Duncan Muguku*

ThriveYard.com

To achieve great potential or greater heights - have fear and still push through it. Overcoming fear is done through action.

— *Duncan Muguku*

132

By sharing your story of how you overcame fear, the strategies you used to endure through fear and how you felt after accomplishing what you set out to do despite fear, you can encourage and inspire others to take action.

— *Duncan Muguku*

ThriveYard.com

By sharing your story of how you overcame fear, the strategies you used to endure through fear and how you felt after accomplishing what you set out to do despite fear, you can encourage and inspire others to take action.

— *Duncan Muguku*

XI. PERSONAL GROWTH

FRESHLY SQUEEZED QUOTES

133

The mind is strengthened from tackling challenges and you could identify familiar patterns and cycles which can be reapplied to future problem solving.

— *Duncan Muguku*

ThriveYard.com

The mind is strengthened from tackling challenges and you could identify familiar patterns and cycles which can be reapplied to future problem solving.

— *Duncan Muguku*

134

The second worst offender to progress is negative thoughts; the first offender to progress is inaction.

— *Duncan Muguku*

ThriveYard.com

The second worst offender to progress is negative thoughts; the first offender to progress is inaction.

— *Duncan Muguku*

135

Negative self-talk is poisonous to progress. It causes many to quit prematurely when they face disappointments. Negativity wants you to feel sorry for yourself and doubt your abilities to succeed.

— *Duncan Muguku*

ThriveYard.com

Negative self-talk is poisonous to progress. It causes many to quit prematurely when they face disappointments. Negativity wants you to feel sorry for yourself and doubt your abilities to succeed.

— *Duncan Muguku*

136

The simplest way to inspire your creativity is to ask yourself questions about why things are the way they are and how can things be done differently.

— *Duncan Muguku*

ThriveYard.com

The simplest way to inspire your creativity is to ask yourself questions about why things are the way they are and how can things be done differently.

— *Duncan Muguku*

137

**The ability to see both the whole
and the parts and how they are
interrelated and interconnected
is critical.**

— *Duncan Muguku*

ThriveYard.com

The ability to see both the whole and the parts and how they are interrelated and interconnected is critical.

— *Duncan Muguku*

138

Hang around other achievers, it is infectious. Propel each other, support each other and feed each other with success.

— *Duncan Muguku*

ThriveYard.com

Hang around other achievers, it is infectious. Propel each other, support each other and feed each other with success.

— *Duncan Muguku*

139

Don't compare yourself with others;
everyone's journey is different
instead be inspired by others.
Persevere when you face critics
and opposition.

— *Duncan Muguku*

ThriveYard.com

Don't compare yourself with others; everyone's journey is different instead be inspired by others. Persevere when you face critics and opposition.

— *Duncan Muguku*

140

Your passion for life is found at the intersection of what you are good at doing, what you are most satisfied doing and what you would do for free. To earn a living from doing what you are passionate about is scoring a jackpot.

— *Duncan Muguku*

ThriveYard.com

Your passion for life is found at the intersection of what you are good at doing, what you are most satisfied doing and what you would do for free. To earn a living from doing what you are passionate about is scoring a jackpot.

— *Duncan Muguku*

141

It is a good idea not to get permanently married to your own ways of thinking and doing things. There is usually a better way of doing things, a better way of solving a problem or a different way of looking at a challenge.

— *Duncan Muguku*

ThriveYard.com

It is a good idea not to get permanently married to your own ways of thinking and doing things. There is usually a better way of doing things, a better way of solving a problem or a different way of looking at a challenge.

— *Duncan Muguku*

142

**How strongly you believe that you
can do something and succeed at it
can differentiate you from others.**

— *Duncan Muguku*

ThriveYard.com

How strongly you believe that you can do something and succeed at it can differentiate you from others.

— *Duncan Muguku*

143

How you communicate your passions to others to inspire them to join you or follow you in accomplishing your vision is a factor that can separate you from the crowd.

— *Duncan Muguku*

ThriveYard.com

How you communicate your passions to others to inspire them to join you or follow you in accomplishing your vision is a factor that can separate you from the crowd.

— *Duncan Muguku*

144

Set high goals and aspirations. You can have more than one big dream if you wish, it is however best to relentlessly pursue one big dream at a time to achieve the benefits of focus and discipline.

— *Duncan Muguku*

ThriveYard.com

Set high goals and aspirations. You can have more than one big dream if you wish, it is however best to relentlessly pursue one big dream at a time to achieve the benefits of focus and discipline.

— *Duncan Muguku*

145

We have been conditioned over time to work towards reducing risk as much as possible, yet we also know at the back of our minds that the more we reduce the risk the lesser the potential for great returns on investment.

— Duncan Muguku

ThriveYard.com

We have been conditioned over time to work towards reducing risk as much as possible, yet we also know at the back of our minds that the more we reduce the risk the lesser the potential for great returns on investment.

— Duncan Muguku

146

Smart risks are taken in the hope of bettering one's life, to stretch us, to make us grow and become better than our former selves.

— *Duncan Muguku*

ThriveYard.com

Smart risks are taken in the hope of bettering one's life, to stretch us, to make us grow and become better than our former selves.

— *Duncan Muguku*

147

Authenticity begins by looking inward and identifying which personal values have the greatest meaning to you and choosing to live your life in ways that complement your values.

— *Duncan Muguku*

ThriveYard.com

Authenticity begins by looking inward and identifying which personal values have the greatest meaning to you and choosing to live your life in ways that complement your values.

— *Duncan Muguku*

148

Authenticity entails embracing your shortcomings and living your life without letting your shortcomings hold you back.

— *Duncan Muguku*

ThriveYard.com

Authenticity entails embracing your shortcomings and living your life without letting your shortcomings hold you back.

— *Duncan Muguku*

149

Do not be double minded i.e. believing that your dream will come true, and at the same time believing your dream will not work. This causes conflict and confusion to both yourself and others.

— *Duncan Muguku*

ThriveYard.com

Do not be double minded i.e. believing that your dream will come true, and at the same time believing your dream will not work. This causes conflict and confusion to both yourself and others.

— *Duncan Muguku*

150

Avoid spreading negativity and in turn avoid those who spread negativity or intentionally choose not to get caught up in or participate in the negativity.

— *Duncan Muguku*

ThriveYard.com

Avoid spreading negativity and in turn avoid those who spread negativity or intentionally choose not to get caught up in or participate in the negativity.

— *Duncan Muguku*

151

There is nothing as precious as your ideas. Ideas should be treasured, they are goldmines. One effective way of keeping track of your ideas is to maintain an idea journal where you write down your ideas.

— *Duncan Muguku*

ThriveYard.com

There is nothing as precious as your ideas. Ideas should be treasured, they are goldmines. One effective way of keeping track of your ideas is to maintain an idea journal where you write down your ideas.

— *Duncan Muguku*

XII. GRATITUDE

FRESHLY SQUEEZED QUOTES

152

Be grateful always. Take stock of
your blessings and all the things that
you are thankful for.

— *Duncan Muguku*

ThriveYard.com

Be grateful always. Take stock of your blessings and all the things that you are thankful for.

— *Duncan Muguku*

153

Appreciate yourself, be kind to yourself, value yourself, and see yourself as someone special who has something to offer the World.

— *Duncan Muguku*

ThriveYard.com

Appreciate yourself, be kind to yourself, value yourself, and see yourself as someone special who has something to offer the World.

— *Duncan Muguku*

154

When you dig deep within, there are many things to be grateful for everyday even during those days when nothing seems to be going as we would wish. Simply being alive is a great blessing on its own.

— *Duncan Muguku*

ThriveYard.com

When you dig deep within, there are many things to be grateful for everyday even during those days when nothing seems to be going as we would wish. Simply being alive is a great blessing on its own.

— *Duncan Muguku*

155

**Stretch out your hand to lift
someone up whenever you can
and make a difference in the world
in your own unique way. It starts with
one person. Light someone's candle.**

— *Duncan Muguku*

ThriveYard.com

Stretch out your hand to lift someone up whenever you can and make a difference in the world in your own unique way. It starts with one person. Light someone's candle.

— *Duncan Muguku*

156

Help others whenever you can
without expecting anything in return.
Aim for the betterment of others,
strive to be of support and
serve others.

— *Duncan Muguku*

ThriveYard.com

Help others whenever you can without expecting anything in return. Aim for the betterment of others, strive to be of support and serve others.

— *Duncan Muguku*

157

Expect the best in people and have empathy and compassion for others. Be kind to others and offer your help whenever you can.

— *Duncan Muguku*

ThriveYard.com

Expect the best in people and have empathy and compassion for others. Be kind to others and offer your help whenever you can.

— *Duncan Muguku*

XIII. PATIENCE

FRESHLY SQUEEZED QUOTES

158

A quest for fast and quick results can be tragic. Overnight success is not guaranteed for many. You learn and improve through the implementation process and from learning from mistakes and failures.

— *Duncan Muguku*

ThriveYard.com

A quest for fast and quick results can be tragic. Overnight success is not guaranteed for many. You learn and improve through the implementation process and from learning from mistakes and failures.

— *Duncan Muguku*

159

Success is like a cake it takes time to
bake. To be truly successful,
patience and delayed gratification
are necessary ingredients to put in
your baking mixture.

— *Duncan Muguku*

ThriveYard.com

Success is like a cake it takes time to bake. To be truly successful, patience and delayed gratification are necessary ingredients to put in your baking mixture.

— *Duncan Muguku*

XIV. WORK

FRESHLY SQUEEZED QUOTES

160

A proactive employee
thinks ahead, acts ahead
and gets ahead.

— *Duncan Muguku*

ThriveYard.com

A proactive employee thinks ahead, acts ahead and gets ahead.

— *Duncan Muguku*

161

When working on small tasks, activities and assignments you have the opportunity to let loose your creativity and imagination. Since the down side risk is relatively low, run wild and give your very best to small things.

— Duncan Muguku

ThriveYard.com

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— Duncan Muguku

162

**When working on small things put on
the mindset that this thing is a VIP
and give it the royal treatment.**

— *Duncan Muguku*

ThriveYard.com

When working on small things put on the mindset that this thing is a VIP and give it the royal treatment.

— *Duncan Muguku*

163

Over time as you amass a collection of many small assignments that have been done in a great way, you are demonstrating that you are ready and capable of handling bigger responsibilities. This opens up the door towards higher possibilities.

— Duncan Muguku

ThriveYard.com

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— Duncan Muguku

164

Track your accomplishments. A record of past accomplishments is a **confidence booster and a pick me up** especially for the times when **someone is going through a difficult challenge.**

— *Duncan Muguku*

ThriveYard.com

Track your accomplishments. A record of past accomplishments is a confidence booster and a pick me up especially for the times when someone is going through a difficult challenge.

— *Duncan Muguku*

165

Workmates are a source of knowledge. Some work colleagues are 'human libraries' who are smart, talented and skilled. One way to increase your knowledge is by identifying a work colleague who has great skills in a specific area and learning from them.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

166

Going the extra mile is hard work
and it entails deliberately and
consciously deciding to do more
than is expected.

— *Duncan Muguku*

ThriveYard.com

Going the extra mile is hard work and it entails deliberately and consciously deciding to do more than is expected.

— *Duncan Muguku*

167

Ooze both care
and professionalism
in all that you do.

— *Duncan Muguku*

ThriveYard.com

Ooze both care and professionalism in all that you do.

— *Duncan Muguku*

168

Being proactive means anticipating what might happen and preparing in advance instead of simply reacting to circumstances.

— *Duncan Muguku*

ThriveYard.com

Being proactive means anticipating what might happen and preparing in advance instead of simply reacting to circumstances.

— *Duncan Muguku*

169

Know what your capabilities are but most importantly understand the work environment. The marriage between your skills and the organization context is what will bring you success in your job.

— *Duncan Muguku*

ThriveYard.com

Know what your capabilities are but most importantly understand the work environment. The marriage between your skills and the organization context is what will bring you success in your job.

— *Duncan Muguku*

170

A differentiating factor in your personal brand is attention to details. It entails taking pride in ensuring that tasks you undertake are completed to the best of your ability and are presented in the highest quality that you can offer.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

171

Fresh feedback is always the best; it is high on impact, rich in value and is transmitted when the recipient's antenna is positioned at the appropriate frequency and wavelength to receive and absorb the feedback you are broadcasting.

— *Duncan Muguku*

ThriveYard.com

Fresh feedback is always the best; it is high on impact, rich in value and is transmitted when the recipient's antenna is positioned at the appropriate frequency and wavelength to receive and absorb the feedback you are broadcasting.

— *Duncan Muguku*

172

Always give feedback from the mind frame and perspective of someone who cares, someone who believes in the other person's potential and you would like to see them succeed.

— *Duncan Muguku*

ThriveYard.com

Always give feedback from the mind frame and perspective of someone who cares, someone who believes in the other person's potential and you would like to see them succeed.

— *Duncan Muguku*

173

Feedback loses its power and effectiveness when allowed to go stale i.e. when feedback is given after a significant period of time has elapsed between when the actions being discussed happened.

— *Duncan Muguku*

ThriveYard.com

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174

Sharing credit with others does not cost you anything yet it has a high return on investment.

— *Duncan Muguku*

ThriveYard.com

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175

One way to stand out is by expressing yourself through your dressing style. You can go bold and vibrant or cool and understated, and mix and match different elements as long you are keeping it classy and appropriate for the position.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

176

Your appearance sends a strong message to those around you about how you feel about yourself and how you want the world to view you.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

177

One crucial skill that can serve you well in both your personal and professional life is the ability to take initiative.

— *Duncan Muguku*

ThriveYard.com

One crucial skill that can serve you well in both your personal and professional life is the ability to take initiative.

— *Duncan Muguku*

178

Taking initiative means going the extra mile or going above and beyond your normal job responsibilities to make things happen.

— *Duncan Muguku*

ThriveYard.com

Taking initiative means going the extra mile or going above and beyond your normal job responsibilities to make things happen.

— *Duncan Muguku*

179

Taking initiative means the ability to see something that needs to be done and deciding to do it out of your own free will without someone else telling you to do it.

— *Duncan Muguku*

ThriveYard.com

Taking initiative means the ability to see something that needs to be done and deciding to do it out of your own free will without someone else telling you to do it.

— *Duncan Muguku*

180

Taking initiative means doing something that needs to be done out of your own personal drive with a desire to make things better than they were before or improve processes and ways of doing things.

— *Duncan Muguku*

ThriveYard.com

Taking initiative means doing something that needs to be done out of your own personal drive with a desire to make things better than they were before or improve processes and ways of doing things.

— *Duncan Muguku*

181

Taking initiative means doing more than your normal work duties and adding a little unexpected surprise for others at work. Being proactive instead of reactive, thinking ahead and taking action.

— *Duncan Muguku*

ThriveYard.com

Taking initiative means doing more than your normal work duties and adding a little unexpected surprise for others at work. Being proactive instead of reactive, thinking ahead and taking action.

— *Duncan Muguku*

182

The habit of taking initiative
strengthens your personal brand. A
person who takes initiative will be a
role model to others. You will chart a
new path and try out a new way
of doing things.

— *Duncan Muguku*

ThriveYard.com

The habit of taking initiative strengthens your personal brand. A person who takes initiative will be a role model to others. You will chart a new path and try out a new way of doing things.

— *Duncan Muguku*

183

Deliberately work on putting in more effort than necessary. By going the extra mile you increase your chances of standing out from others.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

184

Having a standardized routine for your workday is beneficial. It helps to boost your productivity and responsiveness.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

185

A work routine charts a familiar path which you can repeat and improve, while being aware of the typical turbulence that can throw you off course and what corrective action you need to engage in to get back on course.

— *Duncan Muguku*

ThriveYard.com

A work routine charts a familiar path which you can repeat and improve, while being aware of the typical turbulence that can throw you off course and what corrective action you need to engage in to get back on course.

— *Duncan Muguku*

186

The art of following up
is part of the arsenal of a
responsive professional.

— *Duncan Muguku*

ThriveYard.com

The art of following up is part of the arsenal of a responsive professional.

— *Duncan Muguku*

187

Following up and being persistent are ingredients for success in one's career. It takes will power to constantly follow-up especially when you don't receive any response.

— *Duncan Muguku*

ThriveYard.com

Following up and being persistent are ingredients for success in one's career. It takes will power to constantly follow-up especially when you don't receive any response.

— *Duncan Muguku*

188

Never-ending postponing of work that needs to be done is a vicious cycle that causes anxiety and wastes energy. Deliberately implement a solution to curb procrastination.

— *Duncan Muguku*

ThriveYard.com

Never-ending postponing of work that needs to be done is a vicious cycle that causes anxiety and wastes energy. Deliberately implement a solution to curb procrastination.

— *Duncan Muguku*

189

Prioritize the things that you have been avoiding and start to work on them purposefully one at a time. Break down the tasks into smaller pieces and attack each small piece.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

190

Feedback is a key component for continuous growth and improvement. Feedback lets you know when and where you are making progress and when and where you need to make adjustments, corrections and resolve problems.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

191

When things are chaotic and out of control, make a deliberate choice to be calm. Objectively assess situations to figure the viable course of action. Practice having a composed demeanor even when things are not chaotic.

— *Duncan Muguku*

ThriveYard.com

When things are chaotic and out of control, make a deliberate choice to be calm. Objectively assess situations to figure the viable course of action. Practice having a composed demeanor even when things are not chaotic.

— *Duncan Muguku*

192

Do one thing really well and become a specialist in something. Nurture this gift and talent, cultivate it, perfect it, harness its strength and use it to propel you forward in your life and career.

— *Duncan Muguku*

ThriveYard.com

Do one thing really well and become a specialist in something. Nurture this gift and talent, cultivate it, perfect it, harness its strength and use it to propel you forward in your life and career.

— *Duncan Muguku*

193

Get into the habit of volunteering to solve big challenges. This will help you strengthen your decision making skills and get familiar with the critical paths it takes to solve big challenges and hard-wire these critical paths into your memory circuits.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

XV. FRIENDSHIP

FRESHLY SQUEEZED QUOTES

194

A healthy dosage of respect in friendships arises from understanding and appreciating the fine-tuned balance and interplay between friends respecting your independence and personal space as an individual and cherishing your interdependence where you need and rely on each other.

— Duncan Muguku

ThriveYard.com

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— Duncan Muguku

195

Genuine friendships do not exist in a sterile, antiseptic and germ free environment. There would be situations where germs are transmitted in the form of disagreements, disappointments and other forms of heartaches which are normal in any human relationship.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

196

When you emerge through disagreements, it actually strengthens the friendship bonds because you learn more about one another and emerge more mature and enlightened from the experience.

— *Duncan Muguku*

ThriveYard.com

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197

For a friendship to prosper there should be a genuine give and take relationship. If one person is the giver and the other is just the taker it breeds an unhealthy balance and in the long-term the friendship is likely to suffer.

— *Duncan Muguku*

ThriveYard.com

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— *Duncan Muguku*

198

Good friends are confidants with whom you can share your afflictions and challenges and they will listen to you without judging you. You always feel comfortable when you are around them and you shed off any masks.

— *Duncan Muguku*

ThriveYard.com

Good friends are confidants with whom you can share your afflictions and challenges and they will listen to you without judging you. You always feel comfortable when you are around them and you shed off any masks.

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199

The critical test for a strong
friendship is the ability to forgive
each other, apologize and
move forward.

— *Duncan Muguku*

ThriveYard.com

The critical test for a strong friendship is the ability to forgive each other, apologize and move forward.

— *Duncan Muguku*

200

A good friend is one who helps you to grow. Spending time with a good friend is simply uplifting and nourishing to the soul and you always look forward to talking with them and being in their company.

— *Duncan Muguku*

ThriveYard.com

A good friend is one who helps you to grow. Spending time with a good friend is simply uplifting and nourishing to the soul and you always look forward to talking with them and being in their company.

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ABOUT THE AUTHOR



Duncan Muguku is the Founder of ThriveYard.com. As a one-man army, so far, the title “Founder” here simply means the person who juggles multiple roles to keep the company running until such a time when it can afford to hire employees.

Duncan’s roles include writing in-depth blog articles, designing website framework, preparing slides, infographics drafts, video concepts, working with freelance graphic designers and website developer, maintaining website, writing eBooks, social media management, marketing, sales, accounting, developing training courses etc.

Duncan is a proud husband to a loving wife and proud father of two children. His interests and hobbies include Dreaming Big; Business; Budgeting; Research; Planning Events; Writing Reports; Blogging; Watching Movies; Cooking; Playing Chess; Photography and the Stock Market.

His professional background is in Project Administration, Program Management, Contracts Management, Proposal Budget Development, Procurement Management and Grants Management experience. He has worked in various nonprofit organizations and holds an MBA in Strategic Management.

Duncan has under his belt a string of five failed businesses that didn’t take off:

- ▶ A research consultancy firm in 2002 (Worldwide Research Consultancy)
- ▶ An online business listing website in 2003 (AdnetKenya.com)
- ▶ A niche website for weekend part-time jobs in 2014 (WeekendParttimeJobs.com)
- ▶ An online job-board for weekday part-time jobs in 2014 (WeekdayParttimeJobs.com)
- ▶ A niche search engine for Animal print items in 2015 (AnimalPrintWorld.com).

Despite these failures, Duncan still has a burning desire to succeed in business - it is his life-long dream. He founded ThriveYard.com in August 2016 which is a website for providing in-depth career success resources including detailed blog articles, infographics, videos and slide presentations as well as providing online training courses on career success in the future.

Duncan is passionate about helping people to succeed in their careers. In the past years he has helped friends and acquaintances to develop resumes and helped with tips on how to find jobs.

EBOOK BY THE AUTHOR

Starting Strong, Finishing Strong

YOUR CAREER SUCCESS HANDBOOK

From Resumes to Interviews to Job Promotions to Resignations and Everything in Between

STARTING STRONG, FINISHING STRONG

YOUR CAREER SUCCESS HANDBOOK

From Resumes to Interviews to Job Promotions to Resignations and Everything in Between

DUNCAN MUGUKU

Founder, ThriveYard.com

Starting Strong, Finishing Strong is

power-packed with tips for the entire job life cycle. It provides valuable information to help people get jobs, love their jobs and also grow and succeed in their careers.

The 19 chapters cover resumes, cover letters, interviews, onboarding, job success, job promotion, resigning gracefully, helping others find jobs and bonus chapters on personal growth.

If you desire to grow and succeed in your job, then this handbook is for you. It offers practical and actionable take-aways that you can use and implement over and over again as you move up in your career.

See more information at:

www.ThriveYard.com/ebooks

ABOUT THRIVEYARD.COM

ThriveYard.com is a career website that focuses on offering in-depth articles that comprehensively address career success and personal growth topics. We not only provide detailed blog articles, but also go a step further and supplement the articles with infographics, videos, slide presentations, courses and motivational quotes.

Our Mission

To provide in-depth career success articles, videos, slides, courses and infographics to help people get jobs, love their jobs and also grow and succeed in their careers.

Our Vision

To passionately contribute in improving the personal and professional development for millions of professionals worldwide.

Tagline

The Place for In-Depth Career Success Resources.
Flourish | Prosper | Succeed

Website

www.ThriveYard.com

The logo for ThriveYard, featuring the word "ThriveYard" in a bold, sans-serif font. "Thrive" is in a light green color, "Yard" is in a light blue color, and the entire text is set against a solid black rectangular background.

SAMPLE CAREER ARTICLES AT THRIVEYARD.COM

For your convenience, each in-depth article has a table of contents to help you easily scan/skim the information you need. Enjoy reading these articles – www.ThriveYard.com/blog

A. RESUMES

1. 35 Terrific Tips on How to Write a Resume
2. 28 Ways to Help Someone Searching for a Job
3. 32 Easy Steps To Create A Stunning LinkedIn Profile

B. COVER LETTERS

4. 34 Great Tips on How to Write a Cover Letter

C. INTERVIEWS

5. 29 Tips on How to Prepare and Succeed at Job Interviews
6. 3 Important Things To Do Before An Interview
7. 57 Common Interview Questions, Answers and Examples
8. 48 Things To Do on Your First Week at Work

D. JOB PROMOTION

9. 25 Practical Tips on How to Get Promoted at Work

E. CAREER ADVICE

10. 22 Exciting Ways to be Successful at Your Job
11. 17 Tips on How to Take Initiative at Work
12. 30 Ways to Improve Your Relationship with Your Boss
13. 25 Tips on How to be Proactive at Work
14. 15 Qualities of a Good Boss
15. 16 Ways to Make a Good First Impression
16. 32 Simple Ways to Manage Email Effectively
17. 15 Ways to Overcome the Fear of Public Speaking
18. 27 Tips on How to Resign From Your Job Gracefully

F. PERSONAL GROWTH

19. 33 Easy Ways on How to Dream Big
20. 75 Tips for Well-Being and Happiness in Life and at Work
21. 21 Ways to Stand Out in Life and at Work

CAREER SUCCESS COURSES AT THRIVEYARD

These courses aim to offer drip by drip long-term results that you can use and re-use as you advance in your career.

Our value-packed career success courses are in the pipeline. Check out our website for more details and availability of courses – www.ThriveYard.com/courses

Job Search Mastery:
CONQUERING RESUMES, COVER
LETTERS AND INTERVIEWS

Job Search Mastery:
Conquering Resumes, Cover Letters
and Interviews

Keys to Career Success:
ESSENTIAL SKILLS FOR
SUCCEEDING IN YOUR JOB

Keys to Career Success:
Essential Skills for Succeeding in
Your Job

Keys to a Job Promotion:
POSITIONING YOURSELF
EFFECTIVELY FOR A PROMOTION

Keys to a Job Promotion:
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for a Promotion

Building Bridges on Your Way Out:
HOW TO RESIGN FROM YOUR
JOB GRACEFULLY

Building Bridges on Your Way Out:
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Job Gracefully

Managing Meetings Masterfully:
PLANNING AND RUNNING
MEETINGS LIKE A PRO

Managing Meetings Masterfully:
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Navigating a New Territory:
HOW TO SUCCEED AS A
NEW/FIRST-TIME MANAGER

Navigating a New Territory:
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Manager