

# 36 Quotes to Inspire You to Live Your Best You

## Life Lessons From Motorcycles

No Riding Experience Necessary

*Authored by*

**Liz Jansen**



## Introduction

Quotes are powerful teachers. They're thought-provoking, grounding and potentially life-altering. Their nuggets of wisdom inspire us to grow, look at life differently and become the best we can be.

Rich in symbolism and metaphors, motorcycling is a rich source of lessons that reaches our spirit and teaches us more about ourselves, our strengths and our power than any course can do.

Whether it's about balance, energy, relationships or mindfulness, Life Lessons from Motorcycle quotes are vivid and transferrable to any life situation. And you needn't ever have been on a motorcycle to grasp the concepts.

Arising through my extensive study of life lessons, I share these gifts with you. I hope they inspire you as much as they continue to inspire me.

### Vision

1. "Motorcycles teach you that keeping your eyes on your goal is the best way to stay in control."
2. "Focus on where you want to go and your eyes will take you there."
3. "The Road to Empowerment may take you around the block or the world. It always leads back to You."

### Power

4. "Like motorcycles, you have far more power than you ever use."
5. "All your power is within you. It does not come from someone else; nor can they take it away."
6. "Power is about letting go, not controlling."

### Control

7. "No can give you permission to do anything - like ride a motorcycle. You have to give it to yourself."
8. "Moving forward means choosing to be in gear, letting go and applying energy."
9. "Once you understand how to apply your power, it's a lot less intimidating and easier to let go."

## Energy

10. "Like a motorcycle, you will sputter and stop if you ignore signs warning you that you're running low on fuel."
11. "Unlike a motorcycle, humans don't come with gauges or fill marks. You have to be mindful of your own energy levels and draw your own line."
12. "Motorcycle engines don't like stagnant fuel. Nor does your spirit. Keep your energy fresh by surrounding yourself with positive people, having adventures and being of service to others."

## Nutrition

13. "You feed your bike the highest quality nutrients specified by the manufacturer. How can you do anything less for your body, mind and spirit?"
14. "A malnourished body is no different than a malnourished motorcycle. In either case, eventually you'll be marooned."
15. "Making wise, informed decisions on what you take in -- the company you keep, the thoughts you entertain and the experiences you engage in -- keeps you vibrant, dynamic and beautiful. Inside and out."

## Maintenance

16. "Like learning even basic maintenance, developing self-awareness takes courage, openness and patience."
17. "Motorcycles teach you it's easy to make things much more challenging and complex than they are."
18. "Words and behaviors are the transmission that transfers power from your engine into action and moves you forward."

## Communications

19. "Signaling your intentions helps others understand where you're going, lend support and avoid collisions."
20. "Protective gear in life is worn defensively, to protect you from harm. If it's not used correctly, it covers who you are and creates barriers to communication."
21. "Like wearing high visibility gear, displaying confidence and courage while traveling your Road gets your message across."

## Interdependence

22. "Motorcycles teach you the needs of both partners must be met if a relationship is going to go anywhere."
23. "If a motorcycle breaks down, it also lets down its rider. Taking care of who are, is the first essential step of being of service to others."
24. "A sport bike attracts sport bike riders. Who you present to the world is whom you will attract. Be who you are, not who you think others want you to be."

**Balance**

25. "Motorcycles teach you about balance. Sometimes you have to put your foot down."
26. "Like motorcycling, when you take on too much, you have to stop and adjust your load to stay balanced."
27. "It's easier to maintain balance when you're moving."

**Grounding**

28. "Motorcycles teach you that you have the same amount of power, whether someone likes you or not."
29. "Motorcycles teach you that power comes from within. Not from paint color, custom graphics or cosmetic accessories."
30. "Ride your own ride. Riding or living beyond your means quickly gets you into trouble."

**Branding**

31. "Before you can change the way others view you, you must change the way you view your Self."
32. "Like managing a motorcycle at slow speeds, courage is about trusting the power that's already there."
33. "Do the thing only You can do. A dirt bike isn't meant for touring, nor a cruiser for trail riding."

**Mirrors**

34. "Mirrors teach you about your past. But focus on them and you miss the present and risk the future."
35. "Other people are your mirrors. Shape, size or stature don't matter – what's coming back is what they see."
36. "Keep your mirrors clean. Dust, dirt and spots that accumulate on mirrors after going through a storm or construction can distort your perception."

Interested in more? Visit [www.lizjansen.com](http://www.lizjansen.com).