

A vertical photograph of a sunset over the ocean. The sun is a bright, glowing orb on the right side of the horizon, casting a shimmering path of light across the water's surface. The sky is a deep blue, filled with scattered, soft white and yellow clouds. In the distance, a dark, silhouetted island or rock formation is visible on the left side of the horizon. The foreground shows the dark, textured surface of a rocky shore.

*Capture the
Spirit of Life*

by
Victoria Medina

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First Edition

Capture the Spirit of Life - by Victoria Medina



Be a first rate version of yourself,
not a second rate version of someone else.

--Judy Garland



Your voice is the foundation for leading your life
Your life is who you are right now
Your time is your fortune.



The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

--Helen Keller



You possess a very special human gift,
the ability to take an idea and
make the impossible possible.



People often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can then I acquire the ability to do it, even if I didn't have the ability in the beginning.

--Mahatma Gandhi



YOUR TIME IS YOUR FORTUNE!!!
Protect your fortune, honor your time.



Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

--Helen Keller



Focus your energies on the solutions of today instead of the missed opportunities of the past, and remember it is through your mistakes that you grow.



Great minds discuss ideas; average minds
discuss events; small minds discuss people.

--Eleanor Roosevelt



You are a flowing work of art.



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 other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

--Steve Jobs



Read about accomplishments; fill your minds with opportunity, greatness, leadership, success, and not the fear of the present. This is your moment in time.



Those who focus on the future
Blossom in the future
Those who focus on the past
Wilt in the past
And wonder how they missed the wave.



This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no “brief candle” for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

“You see things; and you say Why? But I dream things that never were; and I say Why not?”

--George Bernard Shaw



It is now time for you to spread your wings
like eagles and soar!



Thank You

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It has been my pleasure to spend this time with all of you. Thank you so much for sharing your time with me.



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