## Word Wisdoms

Collected by Sally Foley-Lewis

## Not For Sale

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**3 Word Wisdoms** is a collection of 3 word lessons, statements, ideas that can inspire you, motivate you or remind you to take action (or even stop some action).

This resource is not about converting you to any specific way of thinking, being or doing. It's about allowing you to get a little wisdom in those moments when you may need that little bit of external help.

As you read a wisdom let the words be whatever they may be for you. In some cases, say the sentence three times putting emphasis on a different word each time, from doing that you'll get three different meanings e.g.

**Speak** Your Truth – speak up and share it with others

Speak **Your** Truth – speak about your own truth rather than others, people want to hear about you

Speak Your **Truth** – speak only your truth, share wants really going on, lift the protective mask and show the real you.

As you flick or scroll to a random page and read the 3 words, it might at first seem silly, obvious or unrelated. But as you go about your day you'll be surprised how those 3 little words will have some relevance in some way.

Use the three words could be the start of a deeper conversation.

Credit where credit is due. Some of these wisdom's you've known for years, conventional sayings you seem to have been born already knowing. Some wisdoms are from our society's thought leaders, while others your parents barked at you while you were growing up, and others have come from more spiritual sources.

These **3 Word Wisdoms** are not owned by the people who've brought this book into being, they are shared from each individual's own experience. No plagiarism or false declaration is intended, merely collating and curating a collected learning and knowledge.

This resource does not replace, reduce or diminish any other 3-word wisdoms that are available elsewhere. It is intended as a contribution toward the collective wisdom. If you do a Google search of '3 word wisdoms' you'll find a few other links that also share this inspiring idea.

Collaboration is a critical ingredient of the success of **3 Word Wisdoms**. I am a smart girl however I'm not as smart as when I

collaborate with a lot of smart people. Your 3 Word Wisdoms are brought to you by:

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Ash Mashhadi

These wonderfully wise friends are scattered across our planet, from

all across Australia, USA, South Africa, continental Europe and the UK, UAE and multiple points in between.

I am truly grateful for everyone's friendship and the amazing willingness to play and share.

If you want to add to these wisdoms or have any comments or questions, email me: sally @ sallyfoleylewis dot com "No" Can Save

ACKNOWLEDGE YOUR HISTORY

ACT OF KINDNESS

ADD MORE COLOR

ALL OR NOTHING

ALL PEOPLE MATTER

ALL THE WAY

ALWAYS BE KIND

ALWAYS BE YOURSELF

ALWAYS DREAM BIG

ALWAYS SMILE FIRST

ALWAYS WEAR SUNSCREEN

Appreciate Your Beginnings

APPRECIATION ILLUMINATES LIVES

ARE YOU OKAY?

ARRIVE ON TIME

ASK BEFORE ASSUMING

ASK FOR HELP

ASK, DON'T ASSUME

## ATTEND A COURSE

**AVOID TOXIC PEOPLE** 

BE AN ORIGINAL

BE BRAVE, ASK

BE GENEROUS ALWAYS

BE PRESENT, NOW

BE SELF LOVING

BE SOUGHT AFTER

BE THE CHANGE

Be The Difference

BE UNASHAMEDLY YOU

Be Yourself Freely

BEFORE MOUTH, MIND

BEGIN IT NOW

BELIEF BEFORE RELIEF

BELIEVE IN YOURSELF

BELIEVE YOU CAN...

...AND YOU WILL

BEST FOOT FORWARD

BLAME WASTES ENERGY

BLAMING DESTROYS YOU

BORN TO WIN

Brush Your Teeth

BUILD A BRIDGE

**BUILD NOT DESTROY** 

BUILD YOUR WEALTH

**BURY THE HATCHET** 

CALL YOUR MOTHER

CAPTURE THE MOMENT

CARE FOR YOURSELF

CARRY THE LOAD

CHALLENGE LIMITING BELIEFS

CHANGE YOUR WORLD

Choose Your Happiness

CLARITY CLEARS PATHWAYS

CLEAN YOUR ROOM

CLEAR YOUR MIND

CLIMB A TREE

COMMUNICATE, DON'T ASSUME

COMPETITION CAN MOTIVATE

CONQUER ONE FEAR

CONQUER YOUR FEARS

Courage, Persist, Prosper

Courageous Leadership Works

COVER YOUR SNEEZE

CREATE YOUR DESTINY

**CRY HONEST TEARS** 

CULTURE BEATS STRATEGY

Dance Through It

Dare To Act

Dare To Dream

Dare To Pursue

Deliver Your Promises

**DEVELOP YOUR TEAM** 

DIVE INTO BOOKS

Do It Now

Do Not Lie

DO NOT STEAL

Don't Be Late

Don't Hold Back

Don't Sweat It

Don't GET STUCK

DON'T GIVE UP

Don't Hold Grudges

DON'T SIT BACK

Don't Spread Rumours

DREAM THEN DO

DREAMS NEED ACTIONS

Dress For Success

Dress For Yourself

Dress To Impress

DRINK MORE WATER

EAT YOUR VEGETABLES

EMBRACE CHANGE JOYOUSLY

## EMBRACE LIFE ENTHUSIASTICALLY

EMBRACE THE LOVE

EMBRACE YOUR LOVER

ENGAGE TEAM OPENLY

## ENGAGE YOUR PASSION

ENJOY SIMPLE MOMENTS

## ENJOY THE EXPERIENCE

Escape, Unwind, Relax

## **EVERYDAY BRINGS OPPORTUNITIES**

## EVERYONE'S MOTIVATORS DIFFER

EVERYTHING'S IMPERFECTLY PERFECT

Famous Last Words

FEEL THE BREEZE

FEELINGS ARE VALID

FINISH WHAT'S BEGUN

FIRST, YOUR OXYGEN

FLEXIBILITY WINS RACES

FOLLOW THE LEADER

FOLLOW YOUR DREAMS

FOLLOW YOUR RAINBOW

Fools Seldom Differ

FORGIVE AND FORGET

FORGIVENESS HEALS WOUNDS

Free Your Spirit

FRIENDS ARE PRECIOUS

GET A HOBBY

GET LAST WORD

GET ON IT

GET STUCK IN

GIVE TO RECEIVE

GIVE YOUR BEST

GIVE YOUR LOVE

Go For It

GOALS NEED ACTIONS

## GRATITUDE TRANSCENDS DESPAIR

GRIT YOUR TEETH

Have A Conversation

Have Family Pride

HAVE SOME FUN

Help, Share, Collaborate

Home Sweet Home

Honesty Will Win

HUG A TREE

HUG YOUR FAMILY

I AM POSSIBLE

I BELIEVE YOU

I LOVE YOU

Ignite Your Passion

INPUT EQUALS OUTPUT

Inspire From Within

It Takes One

It's BEER O'CLOCK

It's WINE TIME

It's Your Choice

JOY SHARED, DOUBLES

JUMP UP HIGH

KEEP 'EM COMIN'

KEEP IT REAL

KEEP THINKING BIG

KEEP YOUR WORD

KINDNESS COSTS NOTHING

KNOW YOUR STYLE

LEARN FROM MISTAKES

LEARN THE RULES...

...THEN BREAK SOME

LEARN TO RELAX

Learn To Swim

LET IT BE

LET IT GO

Let Leadership Shine

LET SUNSHINE IN

LIFE IS MAGNIFICENT

LIFE LOVES YOU

LIFE, IT HAPPENS!

Life's Too Short

LIGHT OF HEART

LIGHT OF MIND

## LIGHTEN THEIR LOAD

LIGHTEN UP SOME

LISTEN BEFORE TALKING

LISTEN, LISTEN MORE

LIVE AND FLY

LIVE EVERY MOMENT

LIVE LIFE ABUNDANTLY

LIVE LIFE BOLDLY

LIVE YOUR DREAMS

LIVE YOUR LIFE

LIVE YOUR TRUTH

LOCATION, LOCATION

LOOK FOR POSITIVES

LOOSE WITHOUT EXCUSES

Losing Has Lessons

LOVE CONQUERS ALL

LOVE INSPIRES HOPE

LOVE IS FREE

#### LOVE OPEN HEARTEDLY

Love Through It

LOVE THY NEIGHBOR

LOVE WITH ABUNDANCE

LOVE YOUR FAMILY

#### LOVE YOUR LIFE

Love Yourself First

# LOVE YOURSELF SILLY

Love's Always Key

Love's The Answer

### Maintain Your Tools

## Make A Difference

### Make A Home

MAKE YOUR MARK

## MEET SOMEONE'S DAY

MEET SOMEONE NEW

MIND AND BODY

MIND YOUR BUSINESS

MIND YOUR MANNERS

#### MODERATION IN EVERYTHING

Move Your Body

My True Self

NEVER REGRET MISTAKES

NEVER SAY DIE

NEVER SAY NEVER

#### NOTHING IS IMPOSSIBLE

Now, Be Present

OBEY THE LAW

OBEY YOUR MOTHER

ONE POSITIVE THOUGHT

# ONLY FINE CHOCOLATES

OPEN TO JOY

# OPEN YOUR EARS

# OPEN YOUR EYES

## OPEN YOUR HEART

#### OPINIONS AREN'T FACTS

# OPPOSITES CAN ATTRACT

## OWN YOUR FUTURE

## OWN YOUR LIFE

OWN YOUR MISTAKES

#### OWN YOUR OPINIONS

Own Your Problems

Passion Into Profit

PAT A PET

#### PATIENCE SOOTHES FRUSTRATION

Pay For Services

Pay It Forward

PAY YOUR DEBTS

Pay Your Dues

PEACE OF MIND

Perseverance Brings Success

PETS ARE FAMILY

PLAN AND SUCCEED

PLANT A TREE

PLAY IT BETTER

PLAY IT BIGGER

PLAY IT SMART

# PLAY LIKE CHILDREN

Positivity Brings Success

PRACTICE MINDFULNESS DAILY

PRAISE WHEN DUE

### PREVENTION BEATS CURE

# Procrastination Is Stagnation

PROTECT YOUR INTERESTS

Push On Through

Read A Book

REAFFIRM YOUR LOVE

#### Reassure A Friend

## RECOGNIZE YOUR STRENGTHS

REDUCE, REUSE, RECYCLE

REFUSE NOTHING LESS

REJOICE IN YOURSELF

RELEASE YOUR BURDEN

REMEMBER YOUR MANNERS

REPLACE THE ROLL:-/

RESPECT DIFFERENT VIEWPOINTS

RESPECT IS EARNED

RESPECT OTHERS TIME

RESPECT YOUR BODY

RESPECT YOUR INTUITION

**REST FOR TOMORROW** 

ROLL UP SLEEVES

ROUTINELY SIT STILL

SAVE SOME MONEY

SAVE YOUR WORK

Say Kind Words

SAY NICE THINGS

## SAY NO GRACIOUSLY

## Say Thank You

#### SEEK TO UNDERSTAND

#### SELF CARE FIRST

## SET EXCITING GOALS

## SET YOUR INTENTION

## SHARE YOUR GENIUS

SHARE YOUR STORY

# SHARE YOUR SWEETS

Share Your Wisdom

SHARE YOUR WORTH

SHIFT YOUR MIND

SHINE YOUR LIGHT

SHOW THE WAY

SHOW YOUR SMILE

Show Your Truth

SIT A WHILE

SIT WITH IT

### SLEEP IN SOMETIMES

SMELL THE FLOWERS

# SMILE AND SIGH

# SMILE AT STRANGERS

## SMILE EVERY DAY

Smile Strangers

SMILES ARE HEALTHY

SMILES COST NOTHING

### SPEAK YOUR TRUTH

START IT NOW

START YOUR LEGACY

STAY IN TOUCH

STEP FROWARD JOYOUSLY

STOP A WHILE

SUCK IT UP

TAKE A BREAK

#### TAKE A CHANCE

TAKE A HOLIDAY

TAKE ACTION DAILY

#### TAKE CHARGE TODAY

#### TAKE EVERY OPPORTUNITY

## TAKE ON CHALLENGES

TAKE THE TIME

TAKE TIME OUT

#### TAKE YOURSELF SERIOUSLY

TALK TO SOMEONE

TELL BEFORE EXPECT

TELL IT TRUTHFULLY

TELL THE TRUTH

THAT'S TOMORROWS PROBLEM

#### THINGS CAN CHANGE

THINK BEFORE SPEAKING

## THINK HAPPY THOUGHTS

## THINK THEN ACT

THINK, BE, DO

THIS IS GREAT

#### Today's Your Day

# TRUE FRIENDSHIP ENDURES

Trust The Universe

Trust Your Instinct

TRUST YOUR JUDGEMENT

TRUST YOURSELF MORE

TRY SOMETHING NEW

TRY, "YES AND"

TURN TO NATURE

TURN UP DAILY

UP, UP AND AWAY

### Use Your Manners

VALUE OTHER'S TIME

WAKE UP SMILING

Wash Your Hands

WATCH LESS TV

Wear Clean Underpants ;-)

WELCOME IN FUN

WELCOME NEW KNOWLEDGE

WHO ARE YOU?

## WIDEN YOUR PERSPECTIVE

#### YOU ARE AWESOME

YOU ARE BRILLIANT

## YOU ARE CREATIVE

You Are Enough

YOU ARE WORTHY

# YOU CAN ACHIEVE

# You Can Be

YOU CAN DANCE

YOU CAN SING

You Deserve Delicious

You Know It

You, Powerful You

### YOU'RE NOT ALONE

Your Life's Now

What's Your Wisdom?