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20 inspirational quotes to help you choose to challenge

My grandmother always used to say that you could change someone's day with just one kind word, and the concept of that power has remained with me at the heart of my life. It may even be inspiration behind my career in communications and my being a quodophile (someone who loves, collects and is inspired by quotes). And so, in keeping with the Choose To Challenge theme of this year's International Women's Day theme, I thought I would share twenty of my favorite quotes which do just that:

"Admitting something is wrong is always the first step towards fixing it." –

Sylvia Earle

“If you don't love what you do, you won't do it with much conviction or passion.” – Mia Hamm

“If you feel like there's something out there that you're supposed to be doing, if you have a passion for it, then stop wishing and just do it.” – Wanda Sykes

“Only idiots refuse to change their minds.” – Brigitte Bardot

“Passion is energy. Feel the power that comes from focusing on what excites you.” – Oprah Winfrey

“Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.” – Helen Keller

“Do not stop thinking of life as an adventure. You have no security unless you can live bravely, excitingly, imaginatively, unless you can choose a challenge instead of a competence.” – Eleanor Roosevelt

“Do what you feel in your heart to be right - for you'll be criticized anyway.” – Eleanor Roosevelt

“Good advice is always certain to be ignored, but that's no reason not to give it.” – Agatha Christie

“I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass.” – Maya Angelou

“I never dreamed about success. I worked for it.” – Estée Lauder

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, you are an excellent leader.” – Dolly Parton

“It is never too late to be what you might have been.” – Mary Ann Evans

“Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence.” – Sheryl Sandberg

“Memories are simply moments that refuse to be ordinary.” – Diane Keaton

“Never be so busy as to not think of others.” – Mother Teresa

“Success isn’t about how much money you make; it’s about the difference you make in people’s lives.” – Michelle Obama

“The most ominous of fallacies - the belief that things can be kept static by inaction.” – Freya Stark

“We can each define ambition and progress for ourselves. The goal is to work toward a world where expectations are not set by the stereotypes that hold us back, but by our personal passion, talents and interests.” – Sheryl Sandberg

“When you’re paid to do a job, it’s better to give a few minutes more to it, than a few minutes less. That’s one of the differences between doing a job honestly and doing it dishonestly!” – Enid Blyton

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