

**Book of quotes
for motivation,
inspiration,
happiness ...**

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This little mini book of quotes was inspired by my life events!

Over the past three years I have struggled... It has been extremely hard for me trying to run my own maritime business while going through many challenges including extreme poverty!

Back when I was working in a normal office job, I was getting rather tired, rundown and bored. I wasn't getting the promotions and career opportunities I wanted and was ready for. I spend many hours working in my boring office job spending my spare time doing my own projects and research on the side and also studying at uni. I was also suffering bullying at work. Each day I went home feeling like my whole day of work was just making me exhausted and I was not using my full talents. Then I would use

my spare time in the evenings and weekends doing my own research, uni, projects and planning my future business. Lots of people probably feel like this too! They go to work each day work so hard, go home, sleep, wake up, drive or catch the bus to work and do that for many years never fully happy. I read many self-help books on how to have a meaningful life, how to become a CEO, how to be happy, how to run a business and more. THEN I quit my office job to go and attempt to run my own

maritime business while I finished my master's degree in maritime. I was so happy and free...

BUT when I left, I suffered many things including more bullying, slanderous comments and career damage that led to me going through extreme poverty. I ended up on government assistance and was living out of my car with no money living at camping grounds in a tent! I love camping, but not as a permanent living arrangement. My other option, apart

from camping, was to go and stay with others who I knew were damaging my opportunities and downgrading my career. So, that was a blow to my life having to resort to government assistance, being so poor and made to feel like a scab while also having my career and life opportunities downgraded and damaged! I was always the hard worker and the well-educated woman. I found myself in a position where no one would hire me back into the normal job scene and if they did,

they didn't treat me that nicely. So, my business was suffering because of the damage and no one would hire me! I was poor to the point I relied on food vouchers I made from doing online surveys. It was so hard. I was also writing novels and doing the things I always had done, such as history research, and developing tech apps for myself. It was also my dream to move overseas and every time I felt that little bit closer to making that happen, that dream was ended on me! During this time, I got so

down in the dumps that I tried to kill myself with a Panadol overdose, but I didn't die.

I survived. I kept going...

Today, I am still struggling financially, but I got through the lowest part. I am now planning my move to the middle east to live and to rebuild my life!

Going through all these challenges inspired me to write this little book of

quotes.... And I hope people read them
and find them helpful!

QUOTES

Everyone is a
somebody in this world
regardless of their
career successes,
financial situation, or
heritage...



Be happy! Wake up and go see the wonderful
beaches, islands, mountains, parks, shops,
deserts and gardens near you!

*Live each
moment... don't
worry how long
a task takes... it
could take days,
months or
maybe years!*

“If you are suffering any form of hardship you still have to wake up and work towards your goals each day. Keep going... never give up on your dreams!”



The sun sets and rises... a new day
comes... Wake up and begin your life!

Follow your dreams! Don't
let the bullies, naysayers,
the jealous, and other
negative people win! Don't
let them bully you, belittle
you or damage your
dreams!

“You cannot control the
actions, behaviour or
decisions of other people...
do what you want and ignore
those actions! Keep going...”

**“Row, write, read, dream,
develop, run, explore, GO
and DO what you wish!”**

If you are living in
poverty do not feel
sad... you can become
financially free..
work towards one
financial goal each
week and then the
next, then the next...

Steps:

1. Wake up...
2. Be happy...
3. Do (your passions, your goals, your meaningful work, your explorations near you!) ...