

OKW

PROJECT

CREATED BY RIFFAT MATIN

**WHO: YOU.**

**WHAT: ONE THOUSAND  
KIND WORD PROJECT**

**WHY: TO INSPIRE,  
UPLIFT, EMPOWER,  
PUSH, MOTIVATE.**

**WHERE: HERE.**

**HOW: READ =>  
REMEMBER => RESULTS**

- 1. JUST GET STARTED. DON'T OVER THINK. WORK THROUGH YOUR WORRIES.**
- 2. THE LONGER YOU WAIT THE LONGER IT WILL TAKE.**
- 3. WHEN YOU COMPLETELY START TAKING RESPONSIBILITY FOR YOUR LIFE. NOTHING CAN STOP YOU.**
- 4. GIVE YOURSELF AFFIRMATIONS: YOU DESERVE TO SUCCEED. YOU ARE GOOD ENOUGH.**
- 5. TAKE CARE OF WHAT IS IN FRONT OF YOU.**
- 6. IT'S OKAY TO BE SCARED. IT'S OKAY TO BE AFRAID. OUR FEARS ALLOW US ROOM TO BE BRAVE.**
- 7. NOT HAVING OR GETTING EVERYTHING YOU WANT IS A BLESSING IN DISGUISE.**
- 8. THINGS BECOME HOW YOU LET THEM. TAKE BACK THE CONTROL YOU THINK YOU'VE LOST.**
- 9. DON'T TRY. JUST BE. NOT EVERY THOUGHT BECOMES SOMETHING YOU SEE.**

10. The cause is more important than the Applause.
11. Anybody can but not everybody wants too.
12. At the end of every fear is a new opportunity for freedom.
13. Make your mind rich first.
14. If you got your eyes on the clock, use it to judge how much time you have got not how much you have left.
15. If you worked with the passion that you spoke with how closer to your dreams would you be?
16. Sometimes we forget Success is a choice.
17. Knowledge is empowering. Learn and Grow. Teach and Bless. Steps towards Success.
18. Don't be the expert without experience.
19. Life is a movie. Act with your emotions. Don't let them direct you.

20. Worry about the value in what you say, instead of worrying about how it comes across.
21. How much are your dreams worth to you?
22. Don't work for love. Do the work you love.
23. If you want to you can. If you have to you will.
24. If you don't pick an option, you will lose the opportunity to choose.
25. Rise. \*
26. Read, Watch movies, find inspiration from stories that offer you pieces of perspectives to use on your journey. \*
26. Progress comes after Patience.
27. Use what you have to get what you want.
28. Put peace into your minds. That is the only way it will find itself to your hearts.
29. Don't stay away from every cliché. Because some can bring you back, when you've gone astray.
30. There are no substitutions for hard work.
31. Never underestimate your work. You are just looking for your place on this earth.
32. You aint perfect. But you ain't worthless. Follow your passions and find your purpose.
33. Knowledge is power. Wars bring peace. Seek growth within life. Comfort only to the deceased.
34. Hate is so heavy to hold on too. Forgive and move forward.
35. Thinking about the wrong things is going to take you off the right path.
36. Don't put a time limit on your success.
37. Start selfish. End Selfless.
38. Our purpose is to live in this world. Then give to this world.

39. None. Plenty. Don't let the views of a few, represent the many.
40. Wanting it is only a start don't let it be your end.
41. Finding the how can be the hardest part, until you try to reach the end, when you are far from the start.
42. Would you rather be a boss or would you have a boss?
43. Would you rather be the one talking about or be the one they are talking about?
44. Human beings only hate and judge out of their insecurities.
45. Recognize the power you have when you attach emotions to your thoughts.
46. I don't think they give out trophies for being the champion of the comment section.
47. Keep good company.
48. Avoid people that are always negative and critical.
49. If they can't contribute, they can't continue to win with you.
50. Why worry about how it ends?
51. Learn to lose before you win. Why get to the top if you can't get there again?
52. Don't always expect help from people.
53. Don't be afraid to create your own opportunities.
54. You must believe that you can do more then others say you can.
55. Don't worry about when you will reach your goals, stay focused on why you are doing them.
56. Be your own role model. Be your own motivational speaker.

57. Confidence isn't built by Compliments. It's built by passion and competence.
58. Be who you are and what you want to be. Others expectations aren't direction for your life.
59. Do it for you. Not this, that or them.
60. The best advice comes from experience not the experts.
61. Focus on one idea at a time. Better to create something great then have a lot content your content with.
62. Grind Hard. Stay Humble. \*
63. Always look out for your best interests and think positive. \*
64. If you completely believe in yourself, who can stop you?
65. Know what you want to do. Or be forced and told what to do.
66. If you never want to fear a man, figure out what he understands.
67. Success is no where near your safety net.
68. Don't wait for an opportunity. Work for it.
69. Live what you are learning. So what you are learning can improve the way you are living.
70. Don't let the world decide who you are, you tell the world who you are.
71. Just start. Don't worry. Keep working.
72. There is no way to avoid the hatred or harassment. Just stay grounded and hungry.
73. Easiest thing to do is what people are doing or what they like doing. Do that, they like you now, forget you later.

74. Don't let somebody you don't like stop you from doing something you love doing.
75. You are how others perceive you, make your image a good one. \*
76. What you put in is what you produce.\*
77. I don't want to tell people what I'm doing. I want them to see what I'm doing.
78. What will happen later can be taken care of then.
79. There is no snoozing to success.
80. How to build discipline: do things you have to do even when you don't want to.
81. Whether by yourself or in a group, the work it takes to become successful is still the same.
82. Eyes that are covered can not see. To forgive is to become free.
83. Life is unpredictable. You never know who or what is going to teach you.
84. Live your life by your own standards and values and not by others.
85. Allow people to guide you, but don't let them give you instructions on what to do.
86. Not all ideas are ready to be heard or explored by the world yet.
87. Follow your dreams if you are living out your passion you are fulfilling your purpose. \*
88. Learn from life experiences, let them change you, but stay who you are.\*
89. Envy is your enemy.
90. Use social media in your life. Don't let social media become your life.
91. Some only want to see a battlefield.
92. A Newly planted seed will not give you a garden overnight.
93. Don't become the chef that can't eat his own food.

94. Never throw a dinner without having a meal prepared.
95. Buffets build bad habits for success.
96. The time you spend worrying about others, you waste not working on yourself.
97. Don't put all of your ideas on one page. Your efforts end up being wasted.
98. The longer you avoid it, the worse it will get. Why turn an opportunity to grow, into a regret.
99. Keep faith. Don't lose hope. Believe in something better.
100. Finish and fix is better then start and stop.

Special thanks to all of my friends that were able to contribute to the project.

Please check out these talented individuals and support them as well.

Number 25 and 26 was submitted by Shaheen Samadi. You can find him on his facebook account.

Link: <https://www.facebook.com/sheenz.music>

Numbers 62 and 63 were submitted by the legendary Jesus Montalvo owner of Stunt Motorsports.

Numbers 75 and 76 were submitted by Evan Olz

Link: <http://definitely-evan.tumblr.com/>

Numbers 87 and 88 were submitted by Nelson Chalas.

Link: <https://www.youtube.com/user/nelsonjose27>