

ELSIE ROBINSON'S TOP FIVE QUOTES FOR LIVING YOUR BEST LIFE

On the importance of discomfort: "I'm not afraid of dying but I'm very much afraid of not living enough."

On the importance of honest reflection: "Most of your misery isn't caused by other people, nor by outer circumstance. It is caused by your own sick attitude toward yourself."

On the importance of self-determination: "We are not free, if through sentimentality or cowardice, we allow household tyrants and chiseling friends to dominate us."

On the importance of wrangling our emotions: "Worry can cause intense fatigue. But did you know indecision is just as dangerous?"

On the importance of taking risks: "Only one obstacle barring you from success...FEAR."

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