

Little Book of Inspiration

Encourage | Energise | Invigorate | Motivate



MAXCENE CROWE

WORDS TO FEED THE MIND BODY & SOUL

Forward

This little book of inspiration
has been written and
presented as a gift to you to
share with your love ones,
friends, colleagues and family.

It offers you words of
encouragement, and comes
from the heart.

Dip in daily and when you
need a bit of a 'pick me up'.

Enjoy.

Regards Maxcene

Introduction

*It is not beauty
that endears, it's
love that makes
us see beauty.*

LEO TOLSTOY

Day 1

To support
you I've gotta do and be
ME

Results

~~**Excuses**~~

Maxcere Crowe

Day 2



Maxene Crowe

*Scream, yell, wait breathe
then meditate, five minutes
is all it takes*

Day 3

A photograph of a woman with long, dark braids looking down at a baby she is holding. The woman has a gentle expression. The baby is looking towards the camera. The image has a warm, reddish-orange tint.

I want to thank
you for your
trust, it gives me
the motivation
and drive to give
and do my best
everyday

Photographer @BinkyNixon

Maxcene Crowe

Day 4

A person wearing a white lab coat and glasses is shown in profile, looking at a tablet device. The background is a brightly lit room with large windows, creating a warm, golden glow. The text is overlaid on this image.

**Dreams do come true
just believe
no matter how
long it takes**

Maxcere Crowe

Day 5



A person is not one-dimensional
there are many facets to
someone's character just make sure
you present your true self
to the world

Maxcere Crowe

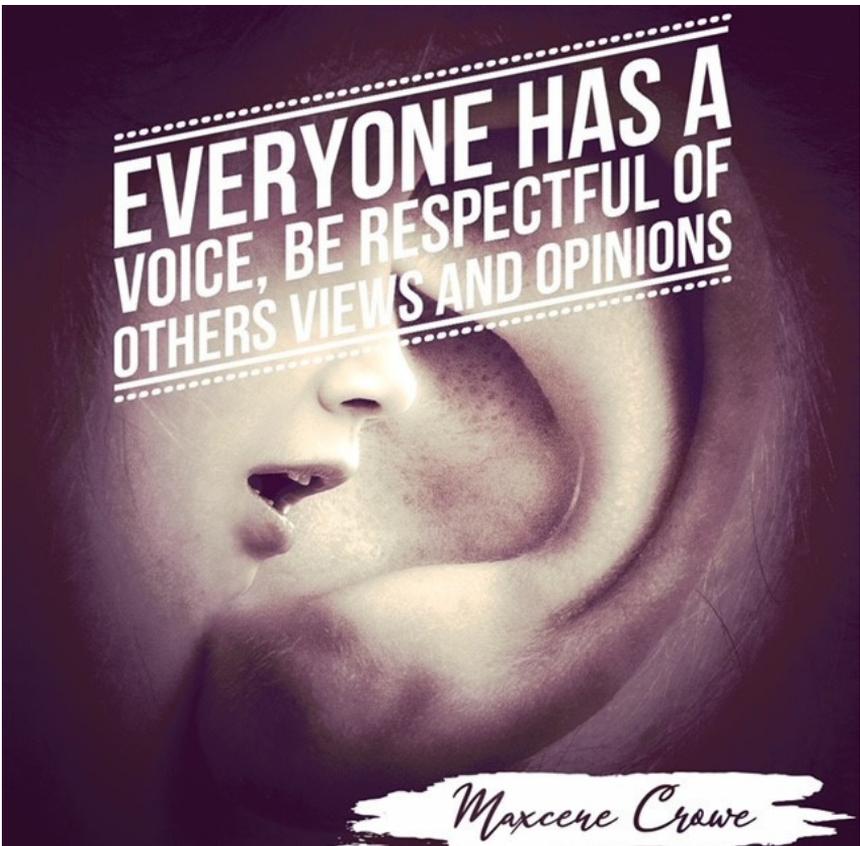
Day 6



Even though the mist may
obscure your
vision the path is
still there

Maxcere Crowe

Day 7



**EVERYONE HAS A
VOICE, BE RESPECTFUL OF
OTHERS VIEWS AND OPINIONS**

Maxcene Crowe

Day 8

Believe you
can and
you're halfway there.



Maxcere Crowe

Page 9



I have found
that if you love life,
life will
love you
back.

Maxxene Crowe

Day 10



**PERSEVERANCE IS
NOT A LONG
RACE; IT IS MANY SHORT RACES
ONE AFTER
THE OTHER.**

Maxcere Crowe

Day 11



**Niggles can
interrupt
your flow get
them sorted
so that you
can press on**

Maxene Crowe

Day 12

Everything you need to begin
is within you don't need
permission to use it so why
wait...just believe

Maxcere Crowe

Day 13



*My life
is my
message.*

maxcche crawe

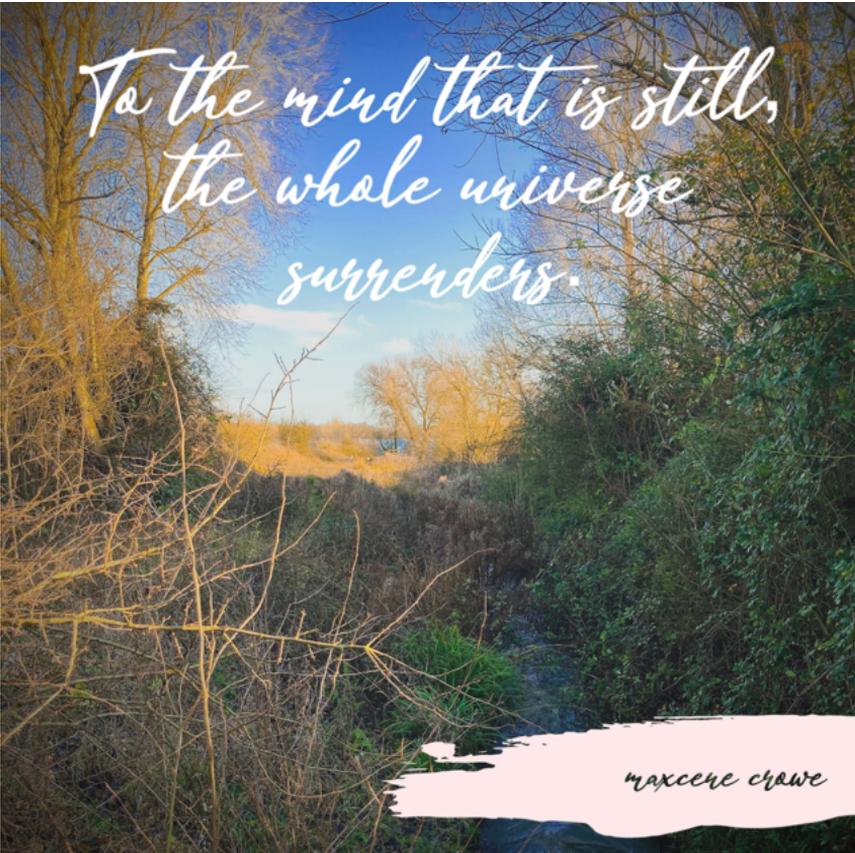
Day 14



WHEN YOU ARE GIVEN AN UNEXPECTED GIFT OF TIME
USE IT WISELY...

maxcere crowe

Day 15



*To the mind that is still,
the whole universe
surrenders.*

maxcree crowe

Day 16

A new dawn...a new
season brings new
opportunities to work on
the new you

maxxine chawc



Day 17



SOMETIMES JUST LETTING THE PERSON
KNOW YOU ARE THERE FOR THEM
IS HELPING... YOU DON'T HAVE
TO FIX IT... SHE DIDN'T ASK YOU TO

maxcine crowe

Day 18

When you are doing what you love days

seem like hours hours

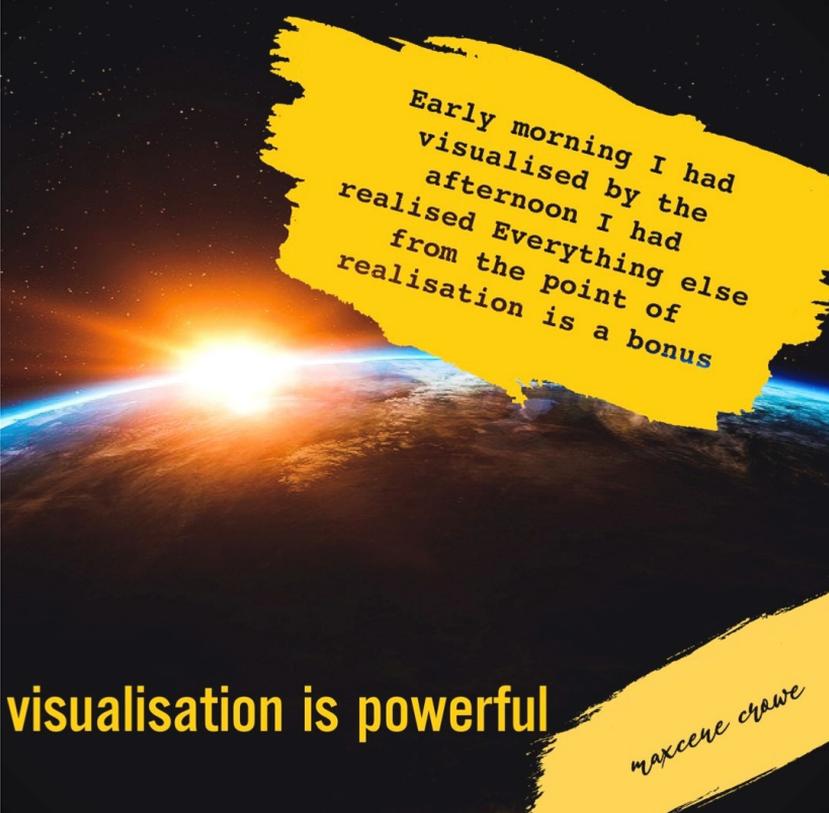
seem like minutes, seem like seconds and your

energy levels are through

the roof... Just Do You

maxcree crowe

Day 19

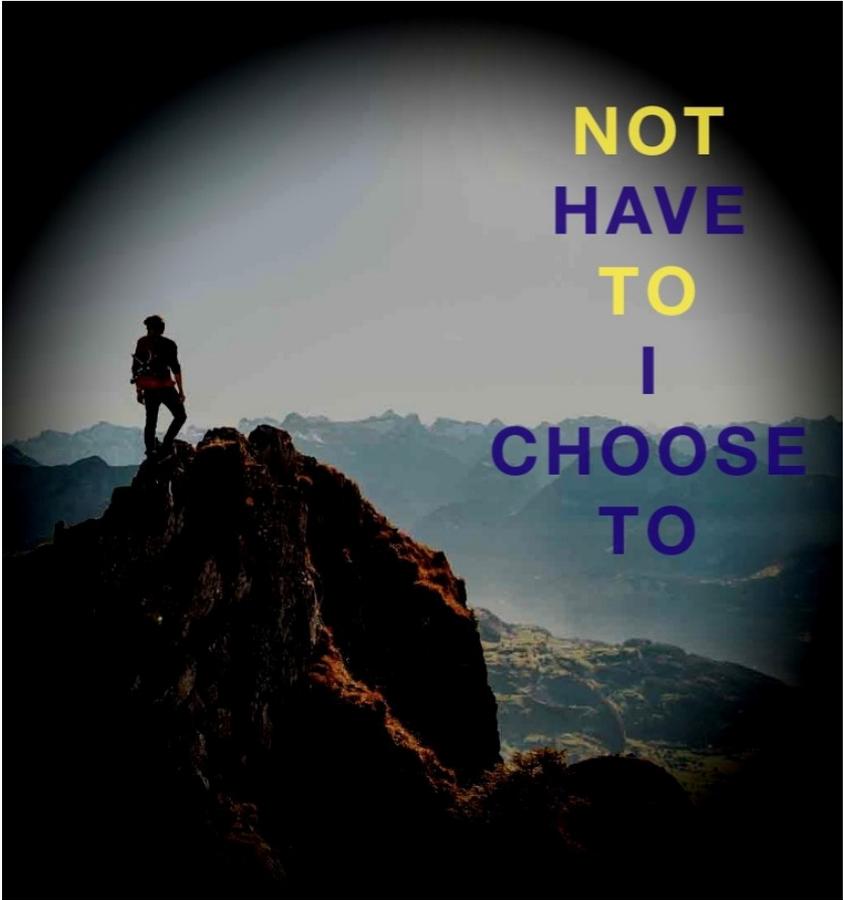


Early morning I had
visualised by the
afternoon I had
realised Everything else
from the point of
realisation is a bonus

visualisation is powerful

maxcine crowe

Day 20



**NOT
HAVE
TO
I
CHOOSE
TO**

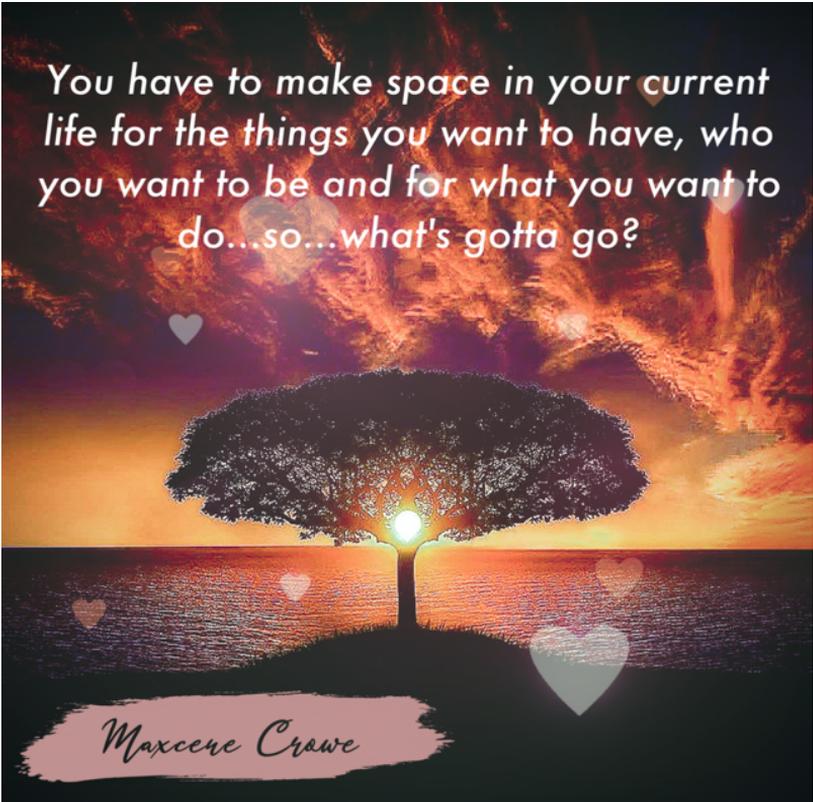
Day 21



If you don't believe it how can
you receive it?

Day 22

You have to make space in your current life for the things you want to have, who you want to be and for what you want to do...so...what's gotta go?



Maxene Crowe

Day 23

A drop of water is what happens to you the ripple is how you react to it and the impact your reaction causes

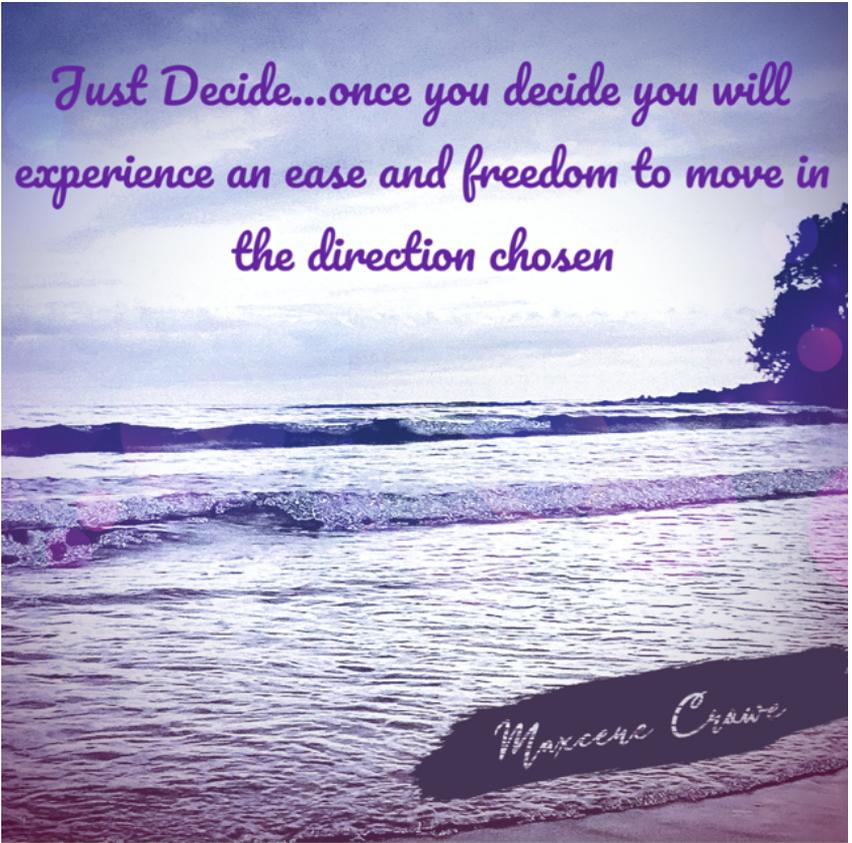


Maxcere Crowe

Day 24

*Just Decide...once you decide you will
experience an ease and freedom to move in
the direction chosen*

Maxene Craze



Day 25



*Find a morning routine just
for you... it will set you up
for the day*

Maxcere Crowe

Day 26



Day 27

SEW YOUR SEEDS SO
THAT THEY
CAN BE NURTURED,
GROW AND BARE FRUIT



Maxcere Crowe

Day 28



*Vision you have to
aim high
to rise*

Day 29



Sometimes feeling overwhelmed can be because you've forgotten about your vision. Remember your vision, remember your why and keep moving forward and one step at a time



Maxcere Crowe

Day 30



DECISION IS
THE IGNITION
DETERMINATION
AND WILL
ARE THE FUEL

Maxcere Crowe

Day 31

**THE LEARNING NEVER
STOPS WHEN YOU
STOP LEARNING
YOU'VE LOST**



Maxcere Crowe



MCFM Global

Inspire - Energise - Educate

Facilities Industry Expert

Reflections

www.mcfmglobal.com

[E:maxcene@mcfmglobal.com](mailto:maxcene@mcfmglobal.com)

Copyright 2021 MCFMGlobal.com