

A PAINTED
INSPIRATION
FROM
THE PALM-FRINGED
BEACHES

A Collection of Inspirational Quotes

Salma Abdulatif

A Painted Inspiration

from the

Palm-Fringed Beaches

A collection of Inspirational Quotes

SALMA ABDULATIF

Mystery Books

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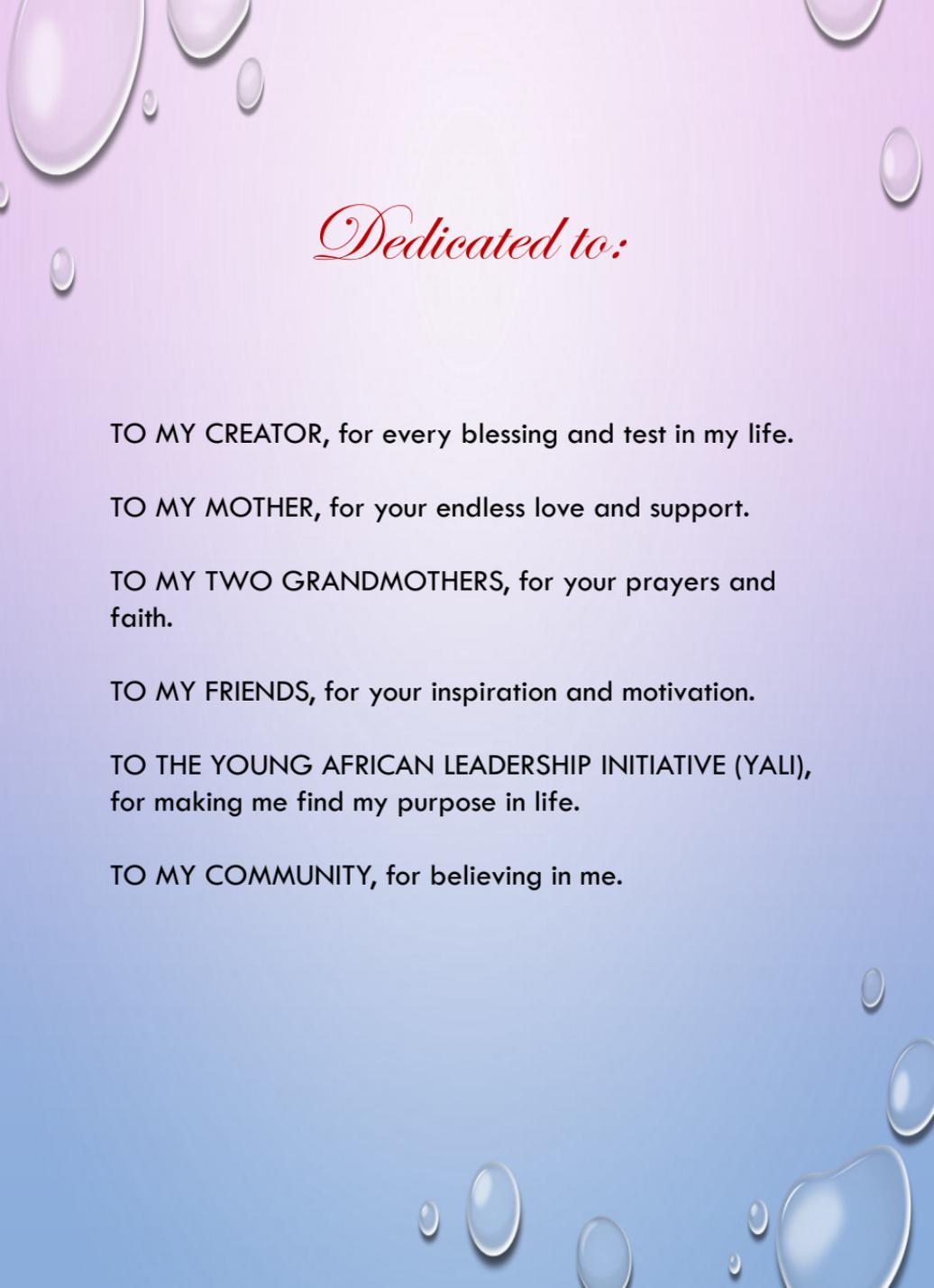
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Dedicated to:

TO MY CREATOR, for every blessing and test in my life.

TO MY MOTHER, for your endless love and support.

TO MY TWO GRANDMOTHERS, for your prayers and faith.

TO MY FRIENDS, for your inspiration and motivation.

TO THE YOUNG AFRICAN LEADERSHIP INITIATIVE (YALI),
for making me find my purpose in life.

TO MY COMMUNITY, for believing in me.

“ It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again, who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause, who at best knows achievement and who at the worst if he fails at least fails while daring greatly so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

---Theodore Roosevelt ---

*Former President of the United States.
(From his 1910 speech at the
Sorbonne)*

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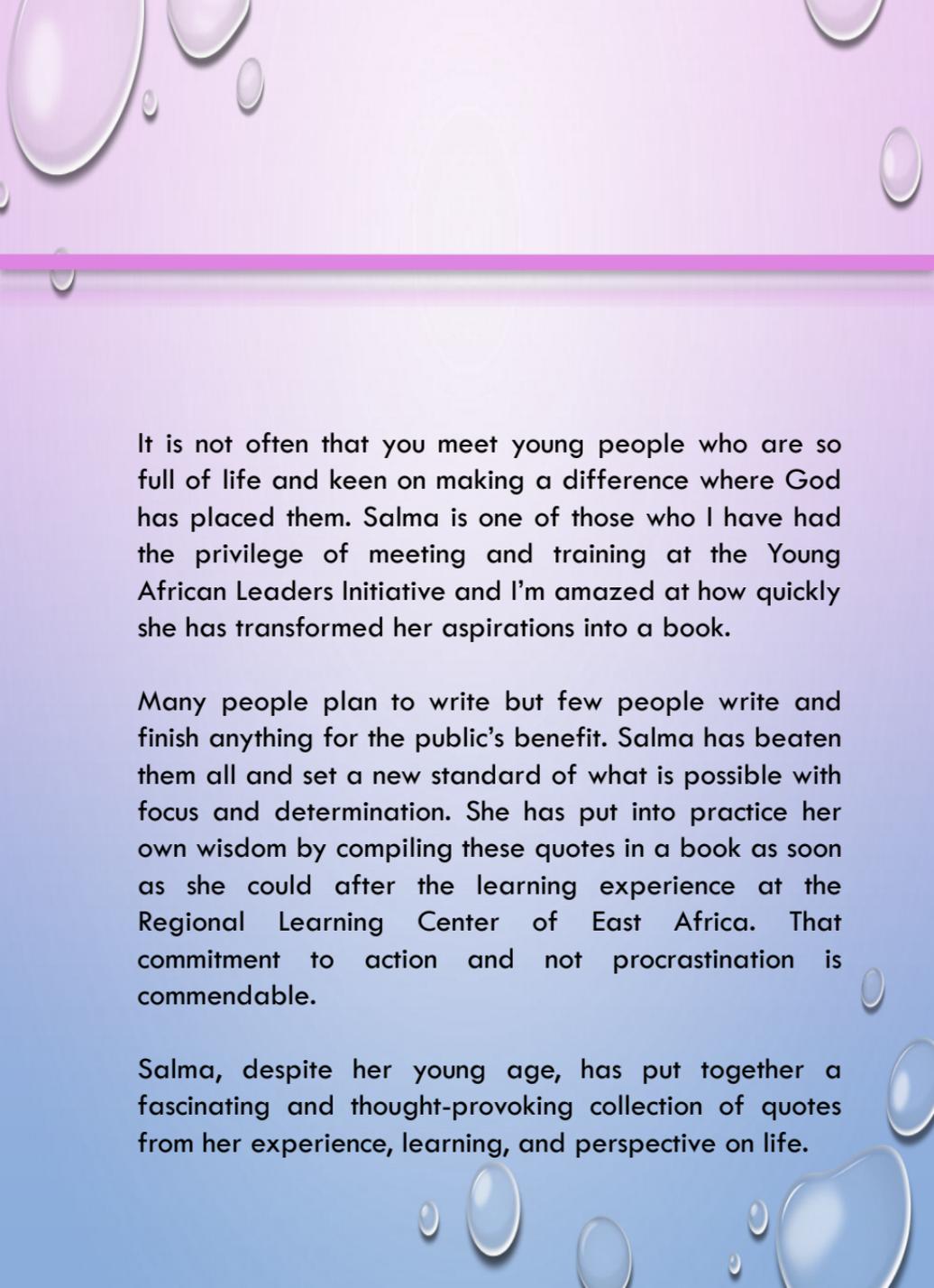
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Foreword

These quotes, to a great extent, spark a mental conversation which is essentially needed in this generation. Salma has managed to be at the centre of this conversation by coming up with and carefully arranging the quotes to make sense out of life. Sometimes, after taking part in a number of activities and interacting with others, it becomes greatly necessary to remember the quotes and important summaries of ideas held by others. Soon, the generation will find these quotes greatly necessary as they will be a start of a discussion.

Adding to the bank of knowledge which is currently available, these quotes will greatly provide a positive impact in the society. A treasure to be valued by anyone who cares about tomorrow.

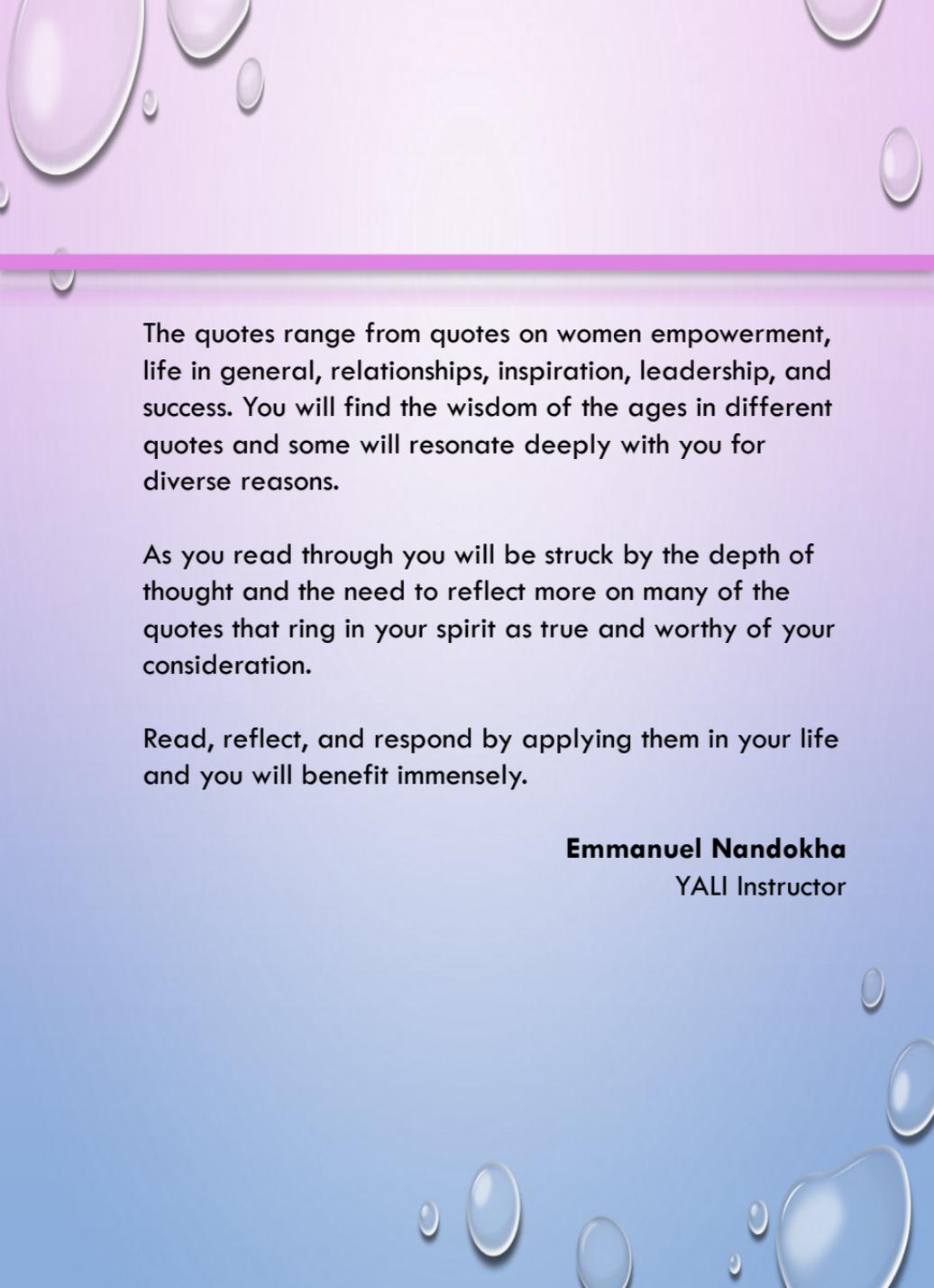
Gabriel Dinda
Founder and CEO, *Writers Guild Kenya*.



It is not often that you meet young people who are so full of life and keen on making a difference where God has placed them. Salma is one of those who I have had the privilege of meeting and training at the Young African Leaders Initiative and I'm amazed at how quickly she has transformed her aspirations into a book.

Many people plan to write but few people write and finish anything for the public's benefit. Salma has beaten them all and set a new standard of what is possible with focus and determination. She has put into practice her own wisdom by compiling these quotes in a book as soon as she could after the learning experience at the Regional Learning Center of East Africa. That commitment to action and not procrastination is commendable.

Salma, despite her young age, has put together a fascinating and thought-provoking collection of quotes from her experience, learning, and perspective on life.



The quotes range from quotes on women empowerment, life in general, relationships, inspiration, leadership, and success. You will find the wisdom of the ages in different quotes and some will resonate deeply with you for diverse reasons.

As you read through you will be struck by the depth of thought and the need to reflect more on many of the quotes that ring in your spirit as true and worthy of your consideration.

Read, reflect, and respond by applying them in your life and you will benefit immensely.

Emmanuel Nandokha
YALI Instructor

Word From the Author

A Painted Inspiration from the Palm-Fringed Beaches contains quotes of all kind to sooth you, motivate you, and uplift your spirits. The quotes are completely unique; designed in such a way that they can cover every single aspect of life. I hope that this book will give you the courage to be who you want to be.

Acknowledgements

First, I thank Allah (S.W.T) for guiding and helping me in realizing my purpose in life. I also appreciate the people in my life who have stood by me through thick and thin in not only accomplishing this goal of publishing this book but also for their endless support throughout this journey.

My mother, this quote book would not have been put into print without your motivation. You have not only been a source of emotional support but also funded all my undertakings. You saw how enthusiastic I was to go for my dreams and that made everything different. May Allah (S.W.T.) give you happiness and everlasting joy.

I also want to thank my two grandmothers, Haboo and MaNana, for their love and prayers; I am happy because of both of you and I want to ask Allah to keep bestowing you with His mercy and affection wherever you might be.

To my aunties and family who have always understood my determination for success and have pushed me to realize my dreams and, most importantly, to love myself enough.

The top portion of the page features a light pink background decorated with several realistic water droplets of varying sizes. A solid pink horizontal line runs across the width of the page, separating the decorative header from the main text area.

Friends are always a privilege in our lives, especially when they are out there to see you shine and are ready to offer you a shoulder to cry on when life takes a difficult turn. Hellen, Fatma, Umar, Nawal, Ahlam, Gabriel, Dorothy, Lalbiby, Nuru, the RENS family, the Enactus family, the MTY team, and the YALI family; and Sharif, Ali, and Mr Okech from Istiqama Foundation—you are my people.

I acknowledge my editor and publisher, Vincent de Paul who has not only offered priceless guidance but has also been an adviser.

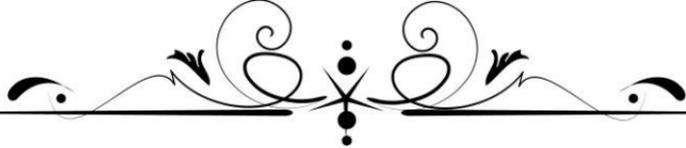
I appreciate my YALI instructors; my mentor; the youth and communities I work with, for your well-wishes, and every single person in the world, the painted inspiration from the palm fringed beaches could not have happened without you.

The bottom portion of the page features a light blue background decorated with several realistic water droplets of varying sizes, mirroring the style of the top section.



INSPIRATION

AND SUCCESS



1

WE ARE THE determinants of our happiness. That everlasting satisfaction; like a refreshing stream flowing in infinite circulation. And you may be wondering why—it's because of two things. Stimulus and Response. If someone stimulates us in any form, we have the freedom to choose how we want to respond to that circumstance. But the happiest people choose to respond proactively.

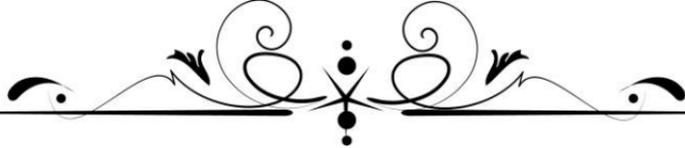
2

JUST LIKE THE phoenix that dies by flame and rises in a new form in its own ashes, don't take new beginnings lightly. Believe in change, in transformation, in magic, and in leaves that sprout in the spring.

3

SPRINKLE YOUR JOY to those buried in wounds.





4

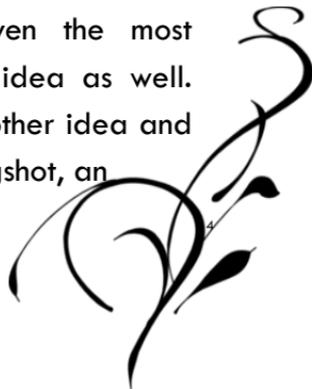
DON'T OVERTALK. YOU don't want to repeat yourself, right? Try to listen. Listen with all your heart. Give your ears to whosoever needs and you will feel that you have turned a life around. You will see people pour all their emotions to you at ease because they know they won't get interrupted; because all they ever needed were just ears to hear their woes.

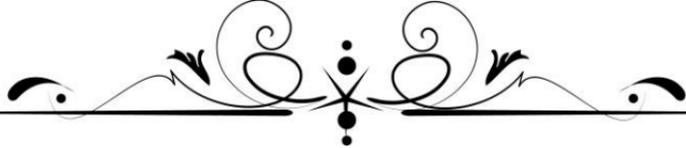
5

LIKE THE MILLIONS of stars which dot the sky when darkness is around, try to see blessings in your darkest times.

6

THERE IS NEVER a bad idea, not even the most outrageous one. There is never a perfect idea as well. There is always that idea that is built by another idea and another idea—that idea becomes like a longshot, an





out-of-the-moon idea. There is power in building other people's ideas. That power creates synergy. The ability to creatively collaborate and to ensure that we find value in everyone's notions.

7

EVEN IN A sea of stars, the moon's confidence does not waver.

8

THERE ARE SO many lessons we can learn from animals but the greatest one could be their ability to always be themselves.

9

LIFE WILL KEEP bombarding you with trials and tribulations. People will hurt you so severely that you will wonder where you went wrong. Your circle will become



About the Author

Salma Abdulatif was born in Malindi and raised in Mombasa, Kenya. She studies Marine Business Management at Moi University, Main Campus, and she is a Cohort – 15 graduate of the Young African Leadership Initiative, a programme initiated by former President of the United States, Barrack Obama. Apart from that, writing and poetry have been her forte all through her life. She also enjoys motivating youth and creating innovative solutions to complex problems which she does through her Community Based Organization, Motivational Talks for Youth (MTY).

Connect with the Author



A PAINTED INSPIRATION FROM THE PALM-FRINGED BEACHES is a collection of inspiring and life-changing quotes that have been compiled in a style that is simple and compelling.

The book takes you step by step to things that affect you and things that you can easily relate with from inspirational snippets and success to friendship, love, and life quotes that will leave you awestruck. The book has painted inspiration in a unique and creative way to make you realize some of the things you were not doing in a proactive approach or even the mistakes that you have done and the courage it takes to move past all that.

Highlighting the essentiality of growth and paradigm shifts of the people from Mombasa, Kenya, and Africa in general, this book gives you the right quotes to boost your self-esteem and give you energy to look up to each new day with hope and faith.

Some days will be sunny and some days will be stormy. There are days that you will never want to look at the sky and there are days when the peace of the stars is all that you will want.

Remember, these days shall come and they shall go. You should however carry your own weather day in and day out.

-Quote 109

ABOUT THE AUTHOR: Salma Abdulatif was born in Malindi and raised in Mombasa, Kenya. She studies Marine Business Management at Moi University, Main Campus, and she is a Cohort – 15 graduate of the Young African Leadership Initiative, a programme initiated by former President of the United States, Barrack Obama. Apart from that, writing and poetry have been her forte all through her life. She also enjoys motivating youth and creating innovative solutions to complex problems which she does through her Community Based Organization, Motivational Talks for Youth (MTY).



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