

# CHANGE, BEST QUOTES ON

It is not the strongest of the species that survive nor the most intelligent, but the one most responsive to change.

--Charles Darwin

A bend in the road, is not the end of the road...unless you fail to make the turn.

--Helen Keller

People will begin to change when the pain of not changing is greater than the pain of changing.

--Ed Bales

Each of us must be the change we want to see in the world.

--Mahatma Gandhi

I cannot say whether things will get better if they change; what I can say is they must change if they are to get better.

--Georg C. Lichtenberg

Here's to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They're not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can't do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.

—Rob Siltanen

I've never met a person, I don't care what his condition, in whom I could not see possibilities. I don't care how much a man may consider himself a failure, I believe in him, for he can change the thing that is wrong in his life any time he is ready and prepared to do it. Whenever he develops the desire, he can take away from his life the thing that is defeating it. The capacity for reformation and change lies within.

--Preston Bradley

Future shock...the shattering stress and disorientation that we induce in individuals by subjecting them to too much change in too short a time.

--Alvin Toffler

Life is change. Growth is optional. Choose wisely.

--Karen Kaiser Clark

Even if you're on the right track, you'll get run over if you just sit there.

--Will Rogers

Those who never retract their opinions love themselves more than they love truth.

--Joseph Joubert

When you're through changing you're through.

--Bruce Barton

How wonderful it is that no one need wait a single moment before starting to change the world.

--Anne Frank

It is a bad plan that admits of no modification.

--Publilius Syrus

It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be.

--Isaac Asimov

If it had not been for the discontent of a few fellows who had not been satisfied with their conditions, you would still be living in caves. Intelligent discontent is the mainspring of civilization. Progress is born of agitation. It is agitation or stagnation.

—Eugene V. Debs

If you don't like something, change it. If you can't change it, change your attitude.

—Maya Angelou

Ignorance is always afraid of change.

—Jawaharlal Nehru

The university is simply the canary in the coal mine. It is the most sensitive barometer of social change.

--James Perkins

Men do change, and change comes like a little wind that ruffles the curtains at dawn, and it comes like the stealthy perfume of wildflowers hidden in the grass.

—John Steinbeck

Though no one can go back and make a brand new start, anyone can start now and make a brand new ending.

--Carl Bard

Don't settle: Don't finish crappy books. If you don't like the menu, leave the restaurant. If you're not on the right path, get off it.

—Chris Brogan

Emergencies have always been necessary to progress. It was darkness which produced the lamp. It was fog that produced the compass. It was hunger that drove us to exploration. And it took a depression to teach us the real value of a job.

—Victor Hugo

Three things make up who we are as individuals: what we think, what we feel, and what we do. If we manage to change any one of these three aspects of ourselves, the other two will follow.

—Rick Cormier

'Be yourself' is about the worst advice you can give to some people.

—J. B. Priestley

Why is a caterpillar wrapped in silk while it changes into a butterfly? So the other caterpillars can't hear the screams. Change hurts.

—Rory Miller

Could we change our attitude, we should not only see life differently, but life itself would come to be different.

—Katherine Mansfield

'Never change' is the thing that probably high school students have written in each other's yearbooks for time immemorial. They think that command is possible!

—Jane Hamilton

If anyone has any doubt about the importance of books, or about the adage that the pen is mightier than the sword, it's worth considering that Plato's *Republic*, the *Bible*, the *Koran*, Darwin's *Origin of Species*, Marx's *Das Kapital*, Hitler's *Mein Kampf*, and *The Thoughts of Mao Tse-tung* have probably changed the course of history as much as any process or event, any individual or any nation.

—Unknown

The weather-cock on the church spire, though made of iron, would soon be broken by the storm-wind if it... did not understand the noble art of turning to every wind.

—Heinrich Heine

I can recognize people a mile away who are ready for real change. It's not the ones who are court-ordered to shape up: 'Go to rehab or go to jail.' It's not the ones who say, 'I'm aware I should stop smoking.' They won't quit. The people who change are the ones who say, 'I am so sick to death of this behavior that I can't spend another second of another minute living like this.'

—Dr. Phil McGraw

Everything around you that you call life was made up by people...and you can change it.

—Steve Jobs

If you can't do anything about it, then let it go. Don't be a prisoner to things you can't change.

—Tony Gaskins

You can't control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

—Brian Tracy

If you want to make enemies, try to change something.

—Woodrow Wilson

People don't change. The way someone is in high school is who they are, period!

—Cate Plys

Never be afraid to try something new. Remember, a lone amateur built the Ark and a large group of professionals built the Titanic.

--Dave Barry

If you don't like something, change it. If you can't change it, change the way you think about it.

--Mary Engelbreit

Don't ever take a fence down until you know why it was put up.

--Robert Frost

He that never changes his opinions, never corrects his mistakes, and will never be wiser on the morrow than he is today.

--Tryon Edwards

Accelerating change after eons of stagnation is the human norm. Most dramatic case: Message speed went from a horse's gallop to virtually infinite with the invention of the telegraph.

--Peter Brimelow

Progress is impossible without change, and those who cannot change their minds cannot change anything.

--George Bernard Shaw

Success breeds conservatism, and that means a love affair with the status quo and an aversion to change.

--Frank Popoff

The sequence in the acceptance of a new idea:

1. It's a foolish idea and won't work.
2. It's not a bad idea, but the time isn't ripe.
3. The time is ripe, but we couldn't finance it.
4. I was always in favor of this idea.

--Edgar Dale

Change is like a steamroller. If you are not on the steamroller, there's a good chance you might become part of the road.

--Marvin Cetron

Consider how hard it is to change yourself and you'll understand what little chance you have of trying to change others.

--Jacob Braude

I must report that even excellent institutions run by excellent human beings are inherently sluggish, not hungry for innovation, not quick to respond to human need, not eager to reshape themselves to meet the challenge of the times.

--John W. Gardner

There is a certain relief in change, even though it be from bad to worse; as I have found in traveling in a stagecoach, that it is often a comfort to shift one's position and be bruised in a new place.

--Washington Irving

The elders are a strangely isolated generation. No other generation has ever known, experienced, and struggled to incorporate such massive and rapid change—has watched while the sources of energy, the means of communication, the certainties of a known world, the limits of the explorable universe, the definition of humanity, and the fundamental imperatives of life and death have changed before their eyes. Adults today know more about change than any previous generation.

--Margaret Mead

There is nothing permanent except change.

--Heraclitus

Nought endures but change.

--L. Bourne

What one single ability do we all have? The ability to change.

--L. Andrews

The pace of events is so fast that unless we can find some way to keep our sights on tomorrow, we cannot expect to be in touch with today.

--Dean Rusk

Public education is of key importance in educating young people to understand the realities of the world they will inherit, and to change it, not for the sake of change, but because we will not survive without change.

--Eve Olve

Nature knows but one cardinal sin—the failure to change.

--Unknown

Change means movement, movement means friction, friction means heat, and heat means controversy.

--Saul Alinsky

Let a man proclaim a new principle. Public sentiment will surely be on the other side.

--Thomas B. Reed

The whole secret of the teacher's force lies in the conviction that men are convertible.

--Ralph Waldo Emerson

It's the most unhappy people who most fear change.

--Mignon McLaughlin

The art of progress is to preserve order amid change and to preserve change amid order.

--Alfred North Whitehead

Progress is a nice word. But change is its motivator and change has its enemies.

--Robert Kennedy

Man has a limited biological capacity for change. When this capacity is overwhelmed, the capacity is in future shock.

--Alvin Toffler

Habit with him was all the test of truth;  
'It must be right: I've done it from my youth.'

--George Crabbe

The perpetual obstacle to human advancement is custom.

--John Stuart Mill

As one gets older, one discovers everything is going to be exactly the same with different hats on.

--Noel Coward

All changes, even the most longed for, have their melancholy, for what we leave behind us is a part of ourselves; we must die to one life before we can enter into another.

--Anatole France

All things must change to something new, to something strange.

--Henry Wadsworth  
Longfellow

I see gr-reat changes takin' place ivry day, but no change at all ivry fifty years.

--Finley Peter Dunne

Every new adjustment is a crisis in self-esteem.

--Eric Hoffer

The main dangers in this life are the people who want to change everything—or nothing.

--Lady Astor

It so happens that the world is undergoing a transformation to which no change that has yet occurred can be compared, either in scope or in rapidity.

--Charles de Gaulle

Once a man would spend a week patiently waiting if he missed a stage coach, but now he rages if he misses the first section of a revolving door.

--Simeon Strunsky

From without, no wonderful effect is wrought within ourselves, unless some interior, responding wonder meets it.

--Herman Melville

Any change, even a change for the better, is always accompanied by drawbacks and discomforts.

--Arnold Bennett

There are people who not only strive to remain static themselves, but strive to keep everything else so, and weep like Heraclitus to find that nothing ever stands still to be studied, understood, and described. Their grievance against the world is that it insists upon changing at every moment and destroying all their categories. Who that has lived at all has not sympathized with them at one time or another? And yet their position is almost laughably hopeless.

--Odell Shepard



We live in a moment of history where change is so speeded up that we begin to see the present only when it is already disappearing.

--R. D. Laing

Since changes are going on any way, the great thing is to learn enough about them so that we will be able to lay hold of them and turn them in the direction of our desires. Conditions and events are either to be fled from nor passively acquiesced in; they are to be utilized and directed.

--John Dewey

If you want to make enemies, try to change something. You know why it is: to do things today exactly the way you did them yesterday saves thinking.

--Woodrow Wilson

To change and to improve are two different things.

--German Proverb

The absurd man is he who never changes.

--Auguste Barthelemy

Each new season grows from the leftovers from the past. That is the essence of change, and change is the basic law.

--Hal Borland

Life is not a static thing. The only people who do not change their minds are incompetents in asylums, who can't, and those in cemeteries.

--Everett M. Dirksen

All is change; all yields its place and goes.

--Euripides

No man ever steps in the same river twice, for it's not the same river and he's not the same man.

Heraclitus

Change is the law of life. And those who look only to the past or the present are certain to miss the future.

--John F. Kennedy

For young people today things move so fast there is no problem of adjustment. Before you can adjust to A, B has appeared leading C by the hand, and with D in the distance.

--Louis Kronenberger

The pace of events is moving so fast that unless we can find some way to keep our sights on tomorrow, we cannot expect to be in touch with today.

--Dean Rusk

Happiness is not the end of life; character is.

--Henry Ward Beecher

No exaggeration, no hyperbole, no outrage can realistically describe the extent and pace of change....In fact, only the exaggerations appear to be true.

--Warren Bennis

It's only through change that we grow.

--Unknown

Time is the greatest innovator.

--Francis Bacon

A permanent state of transition is man's most noble condition.

--Juan Ramón Jiménez

Trees often transplanted seldom prosper.

--Dutch Proverb

There is change in all things. You yourself are subject to continual change and some decay—and this is common to the entire universe.

--Marcus Aurelius

One must never lose time in vainly regretting the past nor in complaining about the changes which cause us discomfort, for change is the very essence of life.

--Anatole France

There is no way to make people like change. You can only make them feel less threatened by it.

--Frederick Hayes

Never swap horses crossing a stream.

--American Proverb

I am not now  
That which I have been.

—Lord Byron

He that will not apply new remedies must expect new evils, for time is the greatest innovator.

--Francis Bacon

To-day is not yesterday: we ourselves change; how can our Works and Thoughts, if they are always to be the fittest, continue always the same? Change, indeed, is painful; yet ever needful; and if Memory have its force and worth, so also has Hope.

--Thomas Carlyle

They must often change who would be constant in happiness or wisdom.

--Confucius

Change is not made without inconvenience, even from worse to better.

--Richard Hooker

Since 'tis nature's law to change,  
Constancy alone is strange.

--John Wilmot

If you do what you've always done, you'll get what you've always gotten.

--Jessie Potter

New ideas hurt some minds the same as new shoes hurt some feet.

--Herbert Casson

Most people are willing to change, not because they see the light, but because they feel the heat.

--Unknown

What we want is progress, if we can have it without change.

--Unknown

Everybody is in favor of progress. It's the change they don't like.

--Unknown

We can only change the world by changing men.

--Charles Wells

Wise people sometimes change their minds—fools, never.

--Proverb

The basic fact of today is the tremendous pace of change in human life.

--Jawaharlal Nehru

Give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.

--Reinhold Niebuhr

One of the greatest pains to human nature is the pain of a new idea.

--Walter Bagehot

Observe constantly that all things take place by change, and accustom thyself to consider that the nature of the Universe loves nothing so much as to change the things which are, and to make new things like them.

--Marcus Aurelius

It is a secret both in nature and state, that it is safer to change many things than one.

--Francis Bacon

Keep what you have; the known evil is best.

--Plautus

Today is not yesterday. We ourselves change. How then, can our works and thoughts, if they are always to be the fittest, continue always the same. Change, indeed, is painful, yet ever needful; and if memory have its force and worth, so also has hope.

--Thomas Carlyle

Institutional sluggishness thwarts constructive change.

--John W. Gardner

The art of life lies in a constant readjustment to our surroundings.

--Okakura Kazuko

The only human being who likes change is a baby with a wet diaper.

--Lee Canter

We have a choice: to plow new ground or let the weeds grow.

--Jonathan Westover

When it is not necessary to change, it is necessary not to change.

--Lucius Cary, Viscount  
Falkland

We are restless because of incessant change, but we would be frightened if change were stopped.

--Lyman Lloyd Bryson

The world hates change, yet it is the only thing that has brought progress.

--Charles F. Kettering

Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation.

--Robert F. Kennedy

In a progressive country change is constant; ... change ... is inevitable.

--Benjamin Disraeli

Things do not change, we do.

--Henry David Thoreau

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.

--Harold Wilson

Change is an easy panacea. It takes character to stay in one place and be happy there.

--Elizabeth Clarke Dunn

Everyone thinks of changing the world, but no one thinks of changing himself.

--Leo Tolstoy

Change alone is eternal, perpetual, immortal.

--Arthur Schopenhauer

I thought I could change the world. It took me a hundred years to figure out I can't change the world. I can only change Bessie. And honey, that ain't easy either.

--Bessie Delany

Why abandon a belief merely because it ceases to be true? Cling to it long enough and...it will turn true again, for so it goes. Most of the change we think we see in life is due to truths being in and out of favor.

--Robert Frost

Faced with the choice between changing one's mind and proving that there is no need to do so, almost everybody gets busy on the proof.

--John Kenneth  
Galbraith

It is particularly incumbent on those who never change their opinion, to be secure of judging properly at first.

--Jane Austen

The man who never alters his opinions is like standing water, and breeds reptiles of the mind.

--William Blake

If you want things to stay as they are, things will have to change.

--Giuseppe di Lampedusa

Change is not made without inconvenience, even from worse to better.

--Richard Hooker

To change is to be vulnerable. And to be vulnerable is to be alive.

--Alexis de Veaux

The American has no time to tie himself to anything. He grows accustomed only to change and he ends by regarding it as a natural state of man.

--de Tocqueville

If it ain't broke, break it.

--Richard Pascale

When you do what you've always done, you'll be where you've always been.

-- Jessie Potter

Progress always involves risk; you can't steal second base and keep your feet on first.

--Frederick Wilcox

A person's age can be measured by the degree of pain one feels as one comes in contact with a new idea.

--Unknown

The world we have created is a product of our thinking;  
It cannot be changed without changing our thinking.

--Albert Einstein

A nation without the means of reform is without means of survival.

--Edmund Burke

A wise man changes his mind, a fool never will.

--Spanish Proverb

If you want truly to understand something, try to change it.

--Kurt Lewin

When the rate of change outside exceeds the rate of change inside, the end is in sight.

--Jack Welch

Excellent firms don't believe in excellence—only in constant improvement and constant change.

--Tom Peters

The status quo sits on society like fat on cold chicken soup and it's quite content to be what it is. Unless someone comes along to stir things up there just won't be change.

--Abbie Hoffman

Not everything that is faced can be changed, but nothing can be changed until it is faced.

--James Baldwin

One fifth of the people are against everything all the time.

--Robert F. Kennedy

The foolish and the dead alone never change their opinions.

--James Russell Lowell

People can cry much easier than they can change.

--James Baldwin

The vast majority of human beings dislike and even actually dread all notions with which they are not familiar... Hence it comes about that at their first appearance innovators have generally been persecuted, and always derided as fools and madmen.

—Aldous Huxley

The trouble with the future is that it usually arrives before we're ready for it.

--Arnold H. Glasgow

Traditional thinkers say, 'If it isn't broken, don't fix it.' But Breakthrough Thinkers say, 'Fix it before it breaks.'

--Gerald Nadler

Change—rapid and pervasive—may be the single most important characteristic of life in the twentieth century.

--*Information Power*

We must always change, renew, rejuvenate ourselves; otherwise we harden.

--Johann Wolfgang von  
Goethe

There are no permanent changes because change itself is permanent.

--Ralph L. Woods

Change is an easy panacea. It takes character to stay in one place and be happy there.

--Elizabeth Clarke Dunn

Everyone thinks of changing the world, but no one thinks of changing himself.

--Leo Tolstoy



The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man.

--George Bernard Shaw

Adaptive change is a response to an environmental challenge; it is change that is essential for preserving one's existence. It requires both an understanding of and a letting go of 'what is' followed by activity toward 'what will be'.

--Gregory Gull

Horse trainers understand change—  
They know that 'if the horse they're riding dies,  
GET OFF IT!'

In the education business, we go through many stages before we even admit that the 'horse' we're riding has died! How do I know?

1. We buy a stronger whip!
2. We move the horse to a new location!
3. We say, 'This is the way we always ride dead horses!'
4. We form a committee to study dead horses!
5. We arrange to visit other sites where dead horses are ridden more efficiently!
6. We increase the standards for riding dead horses!
7. And finally, we blame the horses's parents!

--Michael Fullan

The future is like heaven—everyone exalts it, but no one wants to go there now.

--James Baldwin

We believe we can change things according to our wishes because that's the only happy solution we can see. We don't think of what usually happens and what is also a happy solution: things don't change, but by and by our wishes change.

--Marcel Proust

Only in growth, reform, and change, paradoxically enough, is true security to be found.

--Anne Morrow  
Lindbergh

There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success than to take the lead in the introduction of a new order of things.

--Niccolo Machiavelli

Taking a new step, uttering a new word, is what people fear most.

--Fyodor Dostoevsky

It is impossible to change organizations which do not accept the danger of their present way of doing things...organizations only change when the people in them change, and people will only change when they accept in their hearts that change must occur.

--Sir John Harvey-Jones

If an organization is to meet the challenges of a changing world, it must be prepared to change everything about itself except beliefs as it moves through corporate life...The only sacred cow in an organization should be its basic philosophy of doing business.

--Thomas Watson, Jr.

I change myself; I change the world.

--Gloria Anzaldúa

We must drop the idea that change comes slowly. It does ordinarily—in part because we think it does. Today changes must come fast; and we must adjust our mental habits, so that we can accept comfortably the idea of stopping one thing and beginning another overnight. We must discard the idea that past routine, past ways of doing things, are probably the best ways. On the contrary, we must assume that there is probably a better way to do almost everything. We must stop assuming that a thing which has never been done before probably cannot be done at all.

--Donald M. Nelson

If you're not riding the wave of change, you'll find yourself beneath it.

--Unknown

The only progress which can be rapid is progress down hill.

--Sir James Jeans

We have a lot of people revolutionizing the world because they've never had to present a working model.

--Charles F. Kettering

It is the first step in sociological wisdom, to recognize that the major advances in civilization are processes which all but wreck the societies in which they occur:— like unto an arrow in the hand of a child. The art of free society consists first in the maintenance of the symbolic code; and secondly in fearlessness of revision, to secure that the code serve those purposes which satisfy an enlightened reason. Those societies which cannot combine reverence to their symbols with freedom of revision, must ultimately decay either from anarchy, or from the slow atrophy of a life stifled by useless shadows.

--Alfred North Whitehead

We may not always have the resources to change others, we do have the power to change ourselves.

--Spencer and Constance  
Johnson

The world is changing and anyone who thinks he can live alone is sleeping through a revolution.

--Martin Luther King, Jr.

Change is inevitable; suffering is optional.

--Joan Lunden

Blessed are the flexible, for they shall not be bent out of shape.

--Unknown

Our own dilemma is that we hate change and love it at the same time; what we really want is for things to remain the same but get better.

--Sidney J. Harris

When we are no longer able to change a situation, we are challenged to change ourselves.

--Victor Frankl

If you can't change your fate, change your attitude.

--Amy Tan

Freedom and happiness are found in the flexibility and ease with which we move through change.

--*A Hero in Every Heart*

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

--Henri Bergson

Minds, like diapers, need occasional changing.

--Karen Cushman

Make sustained rapid improvement a way of life.

--Brian Joiner

There is nothing wrong in change if it is in the right direction. To improve is to change, so to be perfect is to have changed often.

--Winston Churchill

Think of accelerated change as an object hurtling toward you at tremendous speed. If you first spot it a mile away, its speed and the distance between you and it blur its nature; all you can see is an indistinct shape. As the object continues rushing toward you, you begin to discern a rough oblong shape, but you can't determine much else about it. Is it a threatening enemy missile or a friendly vehicle you might ride toward the future? Quickly, it bears down on you. As you peer at it closely, you suddenly see handles on its side. An opportunity, not a danger! If you have focused well enough and soon enough, you can seize it, letting it whisk you forward well ahead of those who failed to focus on it in time.

--Craig Hickman &  
Michael Silva

We live in a time of paradox, contradiction, opportunity, and above all, change. To the fearful, change is threatening because they worry that things may get worse. To the hopeful, change is encouraging because they feel things may get better. To those who have confidence in themselves, change is a stimulus because they believe one person can make a difference and influence what goes on around them. These people are the doers and the motivators.

--Buck Rogers

All things change, yet nothing is extinguished...there is nothing in the whole world which is permanent. Everything flows onwards, and all things are brought into being with a changing nature. The ages themselves glide by in constant movement...for still waters will never reach the sea.

—Ovid

We cannot become what we need to be by remaining what we are.

--Max De Pree

Change is a lot like going to heaven. Everybody agrees that it is a good idea, but no one wants to begin the process.

--Unknown

True wisdom is to be always seasonable, and to change with a good grace in changing circumstances.

--Robert Louis Stevenson

Have no fear of change as such and, on the other hand, no liking for it merely for its own sake.

--Robert Moses

All growth is a leap in the dark.

--Henry Miller

People don't change that much. Don't waste time trying to put in what was left out. Try to draw out what was left in.

--Marcus Buckingham

If we don't change, we don't grow. And if we don't grow, we aren't really living.

--Gail Sheehy

The more you avoid change, the more you hinder the process of growth in your life.

--Unknown

It often takes more courage to change one's opinion than to stick to it.

--Georg Christoph  
Lichtenberg

Only in growth, reform, and change, paradoxically enough, is true security to be found.

--Anne Morrow  
Lindbergh

The only sense that is common in the long run, is the sense of change and we all instinctively avoid it.

--E. B. White

Consistency is the last refuge of the unimaginative.

--Oscar Wilde

Our ability to adapt is amazing. Our ability to change isn't quite as spectacular.

—Lisa Lutz

Everyone thinks of changing the world, but no one thinks of changing himself.

--Leo Tolstoy

Both tears and sweat are salty, but they render a different result. Tears will get you sympathy, sweat will get you change.

--Jesse Jackson

In the world which is already upon us, the aim of education must be to develop individuals who are open to change.

--Carl Rogers

They always say time changes things, but you actually have to change them yourself.

--Andy Warhol

Traditions are group efforts to keep the unexpected from happening.

--Barbara Tober

A nation without the means of reform is without means of survival.

--Edmund Burke

Experience has two things to teach: the first is that we must correct a great deal; the second, that we must not correct too much.

--Delacroix

What we can change is our perceptions, which have the effect of changing everything.

—Donna Quesada

The thirst for change is a natural, driving force of progress.

--Vladimir Putin

To become different from what we are, we must have some awareness of what we are.

--Eric Hoffer

With change, you learn something. If you do the same thing over and over again, you never learn anything.

--Andrea Bocelli

Everything changes.

--Shunryu Suzuki

I'm a prisoner of the serenity prayer. Change what you can. Accept what you must. And know the difference.

--Walter Bortz

Change is not merely necessary to life—it is life.

--Alvin Toffler

You must change in order to survive.

--Pearl Bailey

Weep not that the world changes - did it keep a stable, changeless state, it were cause indeed to weep.

--William C. Bryant

To change one's life: Start immediately. Do it flamboyantly.

--William James

Change is the end result of all true learning.

--Leo Buscaglia

Once you have a child, you change so much along the way, you don't even recognize yourself by the time they're ready to move out!

--Ron Taffel

Either move or be moved.

--Ezra Pound

When you blame others, you give up your power to change.

—Douglas Adams

If you never change your mind, why have one?

—Edward De Bono

It's always the small people who change things. It's never the politicians or the big guys. I mean, who pulled down the Berlin wall? It was all the people in the streets. The specialists didn't have a clue the day before.

—Luc Besson

Fanatic. One who can't change his mind and won't change the subject.

—Sir Winston Churchill

Without change there is no innovation, creativity, or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is inevitable.

—William Pollard

We must all obey the great law of change. It is the most powerful law of nature.

—Edmund Burke

What we achieve inwardly will change outer reality.

—Plutarch

All progress is experimental.

—John Jay Chapman

Progress is not possible.

—Frank Zappa

Man cannot remake himself without suffering, for he is both the marble and the sculptor.

—Alexis Carrel

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

—King Jr. Whitney

Growth begins when we start to accept our own weakness.

—Jean Vanier

True life is lived when tiny changes occur.

—Leo Tolstoy



We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.

—Joseph Campbell

I shall try to correct errors when shown to be errors, and I shall adopt new views as fast as they shall appear to be true views.

—Abraham Lincoln

Change means movement. Movement means friction. Only in the frictionless vacuum of a nonexistent abstract world can movement or change occur without that abrasive friction of conflict.

—Saul Alinsky

A man is never the same for long. He is continually changing. He seldom remains the same even for half an hour.

—George Gurdjieff

Your life does not get better by chance, it gets better by change.

—Jim Rohn

I find the best way to love someone is not to change them, but instead, help them reveal the greatest version of themselves.

—Steve Maraboli

Progress is not created by contented people.

—Frank Tyger

Artists to my mind are the real architects of change, and not the political legislators who implement change after the fact.

—William S. Burroughs

Discontent is the first necessity of progress.

—Thomas A. Edison

I find the great thing in this world is not so much where we stand, as in what direction we are moving -- we must sail sometimes with the wind and sometimes against it -- but we must sail, and not drift, nor lie at anchor.

—Oliver Wendell Holmes

The most distinguished hallmark of the American society is and always has been change.

—Eric Sevareid

At any given moment you have the power to say: This is not how the story is going to end.

—*mindsetofgreatness.com*

One of the hardest lessons in life is letting go. Whether it's guilt, anger, love, loss or betrayal. Change is never easy. We fight to hold on and we fight to let go. If you've been hurt until it breaks your soul into pieces, your perspective in life will definitely change, and no one and nothing in this world could ever hurt you again.

—Mareez Reyes

The world is changed by your example, not by your opinion.

—Paulo Coelho

As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves.

—Mahatma Gandhi

It's easier to change what you do than people think it is. If you don't change, your field changes around you.

—Walter Gilbert

Isn't it funny how day by day nothing changes, but when you look back, everything is different.

—C. S. Lewis

You must welcome change as the rule but not as your ruler.

—Denis Waitley

Imagining yourself at your own funeral allows you to look back at your life while you still have the chance to make some important changes.

—Richard Carlson

Everybody wants to change the world, but nobody wants to change the toilet paper roll.

—T-Shirt Slogan

We may attempt to rush through changing, hoping to avoid as much of the discomfort as possible. Or we search around for the easiest path to where we want to go, trying to detour around the pitfalls of changing by taking the longer way around. And many of us try to live without change altogether, believing that if we never seek change we can do away with the difficult process of changing. None of these approaches work, however. When we try to rush through changing, we miss so much that it becomes even more difficult. When we search for the easiest path, we often get lost. And when we try to live without changing altogether, we cheat ourselves of the possibility of becoming all that we were created to be. And we also deny the reality that life itself is one change after the other.

—Ken Potts

Strong-willed children become adults who change the world as long as we can hang on for the ride and resist the temptation to ‘tame’ the spirit out of them.

—Sarah Stogryn

Instead of focusing on that circumstances that you cannot change—focus strongly and powerfully on the circumstances that you can.

—Joy Page

The most useless are those who never change through the years.

—James M. Barrie

We now accept the fact that learning is a lifelong process of keeping abreast of change. And the most pressing task is to teach people how to learn.

—Peter F. Drucker

He who rejects change is the architect of decay. The only human institution which rejects progress is the cemetery.

—Harold Wilson

What is necessary to change a person is to change his awareness of himself.

—Abraham Maslow

You may not seem able to change some outer circumstances but you can start by changing your inner experience of life and yourself.

—Joy Page

If you want to change the world, go home and love your family.

—Mother Teresa

Our only security is in our ability to change.

—Sam Keen

No one can persuade another to change. Each of us guards a gate of change that can only be opened from the inside. We cannot open the gate of another, either by argument or emotional appeal.

—Marilyn Ferguson

If you try to introduce people to a paradigm shift, they will hear what you have to say and then interpret your words in terms of their old paradigm. What does not fit, they will not hear. Therefore, a change in paradigm cannot be brought about by talking. People have to experience the change, or at a minimum see other people experiencing it, before they will begin to understand what you are saying.

—Myron Tribus

Come mothers and fathers  
Throughout the land  
And don't criticize  
What you can't understand  
Your sons and your daughters  
Are beyond your command  
Your old road is rapidly aging  
Please get out of the new one if you can't lend your hand  
Cause the times they are a-changing.

—Bob Dylan

Security can only be achieved through constant change, through discarding old ideas that have outlived their usefulness and adapting others to current facts.

—William O. Douglas

The younger we are, the more we want to change the world. The older we are, the more we want to change the young.

—Dean Martin

As teachers we must believe in change, must know it is possible, or we wouldn't be teaching—because education is a constant process of change. Every single time you 'teach' something to someone, it is ingested, something is done with it, and a new human being emerges.

—Leo Buscaglia

We find comfort among those who agree with us - growth among those who don't.  
—Frank A. Clark

You must be in tune with the times and prepared to break with tradition.  
—James Agee

A good marriage is one which allows for change and growth in the individuals and in the way they express their love.  
—Pearl S. Buck

If there is anything we wish to change in the child, we should first examine it to see whether it is not something that could better be changed in ourselves.  
--Carl Jung

The role of the genuine scholar is not only to understand the world, but to help to change it.  
—Johnetta B. Cole

In several educational institutions during the last few years manifestation of student activity in riots has been exciting the country. To the conservative mind, these riots bode no good. As a matter of fact student riots of one sort or another, protests against the order that is, kicks against college and university management indicate a healthy growth and a normal functioning of the academic mind.

Youth should be radical. Youth should demand change in the world. Youth should not accept the old order if the world is to move on. But the old orders should not be moved easily—certainly not at the mere whim or behest of youth. There must be clash and if youth hasn't enough force or fervor to produce the clash the world grows stale and stagnant and sour in decay. If our colleges and universities do not breed men who riot, who rebel, who attack life with all the youthful vim and vigor, then there is something wrong with our colleges. The more riots that come on college campuses, the better world for tomorrow.

--William Allen White

No great leader in history fought to prevent change.

—John Maxwell

In a time of drastic change, it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists.  
--Eric Hoffer

Life belongs to the living, and he who lives must be prepared for changes.

—Johann Wolfgang  
von Goethe

What people resist is not change per se, but loss.

—Ronald A. Heifetz

The great growling engine of change—technology.

—Alvin Toffler

It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be.

--Isaac Asimov

To learn is to change. Education is a process that changes the learner.

--George B. Leonard

Education is... doing anything that changes you.

—George Leonard

The man that doesn't change his mind doesn't think.

--Freddie Laker

A woman's mind and winter wind change oft.

—Proverb

Our heads are round so that our thinking can change direction.

--Francis Picabia

In times of change, the learners inherit the earth while the learned find themselves beautifully equipped to deal with a world that no longer exists.

--Eric Hoffer

It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.

—Alan Cohen

But we are not in the world to be good but to change it.

--Edward Bond

Company cultures are like country cultures. Never try to change one. Try, instead, to work with what you've got.

—Peter Drucker

We can change our lives. We can do, have, and be exactly what we wish.

—Tony Robbins

Those who do not move, do not notice their chains.

—Rosa Luxemburg

Change is hard at first, messy in the middle and gorgeous at the end.

—Robin Sharma

Very often a change of self is needed more than a change of scene.

—Arthur Christopher  
Benson

The question is not why should we change but rather what sort of death wish are we promoting by refusing to change?

—William Badke

Maturity is when you stop complaining and making excuses, and start making changes.

—Roy T. Bennett

You cannot change anyone, but you can be the reason someone changes.

—Roy T. Bennett

If you don't like how things are, change it! You're not a tree.

—Jim Rohn

Educational reform must focus on changing teachers, their teaching and their classrooms not because teachers are the problem; but because schools can change only to the extent that teachers change.

--Bill Page

People don't realize how a man's whole life can be changed by one book.

—Malcolm X

We are taught you must blame your father, your sisters, your brothers, the school, the teachers - but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change you're the one who has got to change.

—Katharine Hepburn

Little men with little minds and little imaginations go through life in little ruts, smugly resisting all changes which would jar their little worlds.

—Zig Ziglar

Books are the carriers of civilization. Without books, history is silent, literature dumb, science crippled, thought and speculation at a standstill. Without books, the development of civilization would have been impossible. They are engines of change (as the poet said), windows on the world and lighthouses erected in the sea of time. They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print.

—Barbara W. Tuchman

Books differ from all other propaganda media, primarily because one single book can significantly change the reader's attitude and action to an extent unmatched by the impact of any other single medium.

--Unidentified CIA  
Official

The silent influence of books, is a mighty power in the world; and there is a joy in reading them known only to those who read them with desire and enthusiasm. Silent, passive, and noiseless though they be, they yet set in action countless multitudes, and change the order of nations.

—Henry Giles

Be as careful of the books you read, as of the company you keep, for your habits and characters will be as much influenced by the former as by the latter.

--Paxton Hood

I much prefer working with kids whose life could be completely upended by a reading of a book over a weekend. You give them a book to read - they go home and come back a changed person. And that is so much more interesting and exciting.

--Russell Banks

The only person who is educated is the one who has learned how to learn and change.

—Carl Rogers



What we can do as individuals may not be very much on the global scale, but we have to start the change by living as we are teaching.

—Harri Holkeri

We think we listen, but very rarely do we listen with real understanding, true empathy. Yet listening, of this very special kind, is one of the most potent forces for change that I know.

—Carl Rogers

Technological change feeds on previous technological change, and the rate of change increases steadily.

--Isaac Asimov

Technology is the most tremendous and far-reaching engine of social change which has ever either blessed or cursed mankind.

--Charles Francis Adams

Life has no remote. Get up and change it yourself!

—Mark A. Cooper

We live in a screen age, and to say to a kid, 'I'd love for you to look at a book but I hate it when you look at the screen' is just bizarre. It reflects our own prejudices and comfort zone. It's nothing but fear of change, of being left out.

--Marc Prensky

He who stands with his face to the East in the morning will have the sun before him. If he does not change his posture, the Earth in the meantime having changed its, he will have the sun no longer before him, but behind.

—Daniel De Leon

The past cannot be changed. The future is yet in your power.

--Mary Pickford

Every passing minute is another chance to turn it all around.

--Cameron Crowe

The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.

--William James

A bad attitude is like a flat tire. You won't go anywhere until you change it.

—Zig Ziglar

One good teacher in a lifetime may sometimes change a delinquent into a solid citizen.

--Philip Wylie

Change your thoughts and you change your world.

--Norman Vincent Peale

Change is inevitable. Change is constant.

—Benjamin Disraeli

People's minds are changed through observation and not through argument.

--Will Rogers

Time is neutral and does not change things. With courage and initiative, leaders change things.

--Jesse Jackson

People only accept change in necessity and see necessity only in crisis.

—Jean Monnet

Psychology cannot tell people how they ought to live their lives. It can however, provide them with the means for effecting personal and social change.

—Albert Bandura

There is no part of one's beliefs about oneself which cannot be modified by sufficiently powerful psychological techniques. There is nothing about oneself which cannot be taken away or changed. The proper stimuli can, if correctly applied, turn communists into fascists, saints into devils, the meek into heroes, and vice-versa. There is no sovereign sanctuary within ourselves which represents our real nature. There is nobody at home in the internal fortress. Everything we cherish as our ego, everything we believe in, is just what we have cobbled together out of the accident of our birth and subsequent experiences. With drugs, brainwashing, and other techniques of extreme persuasion, we can quite readily make a man a devotee of a different ideology, the patriot of a different country, or the follower of a different religion.

—Peter J. Carroll

The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.

—William James

Nothing gets transformed in your life until your mind is transformed.

—Ifeanyi Enoch Onuoha

When someone says ‘that’s just my personality,’ or ‘that’s just who I am,’ they’re often saying, ‘I don’t want to work on that flaw.’

—Erik Torenberg

Only this much is certain—all men and all nations have a character, and that character, when once taken, is, I do not say unchangeable...but the least changeable thing in this ever-varying and changeful world.

--Walter Bagehot

Everybody talks about wanting to change things and help and fix, but ultimately all you can do is fix yourself. And that’s a lot. Because if you can fix yourself, it has a ripple effect.

--Rob Reiner

Wake up. The hour has come to be more responsible. Change this world by starting with yourself. The world is not going to change until you change.

--Dr. Betty Shabazz

Everything is changeable; everything appears and disappears. There is no blissful peace until one passes beyond the agony of life and death.

—Buddha

The seasons remind me that I must keep changing.

—Donald Miller

Failure changes for the better, success for the worse.

--Seneca

For what it’s worth, it’s never too late to be whoever you want to be. I hope you live a life you’re proud of, and if you find that you’re not, I hope you have the strength to start over.

—Eric Roth

We are not the same persons this year as last; nor are those we love. It is a happy chance if we, changing, continue to love a changed person.

--W. Somerset Maugham

It is possible that a man can be so changed by love as hardly to be recognized as the same person.

--Terence

The moment we indulge our affections, the earth is metamorphosed, there is no winter and no night; all tragedies, all ennui, vanish,—all duties even.

--Ralph Waldo Emerson

I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave-owners will be able to sit together at the table of brotherhood...that one day even the State of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice...that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

--Martin Luther King, Jr.

Where there is hope there is life, where there is life there is possibility, and where there is possibility change can occur.

--Jesse Jackson

One of the surest marks of good character is a man's ability to accept personal criticism without feeling malice toward the one who gives it.

--Unknown

One of my favorite philosophical tenets is that people will agree with you only if they already agree with you. You do not change people's minds.

—Frank Zappa

People's lives change. To keep all your old friends is like keeping all your old clothes —pretty soon your closet is so jammed and everything so crushed you can't find anything to wear. Help these friends when they need you; bless the years and happy times when you meant a lot to each other, but try not to have the guilts if new people mean more to you now.

--Helen Gurley Brown

A woman marries hoping that he will change, and he doesn't. A man marries hoping she won't change, and she does.

--Joey Bishop

Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change.

—James Russell Lowell

Most women set out to try to change a man, and when they have changed him they do not like him.

--Marlene Dietrich

Don't marry a problem character thinking you will change him. He's a heavy drinker, or some other kind of addict, but if he marries a good woman, he'll settle down. People are the same after marriage as before, only more so.

— Pat Connor

This is your life—not your parents', teachers' or significant other's. If you ever find yourself on a path that just doesn't feel safe anymore, you have every right to stop the car, get out—change your shoes and start walking.

—Jennifer Elisabeth

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

--Carl Gustav Jung

You think he's going to like you better, but then one day you look in the mirror and realize you've changed yourself—physically and emotionally—into a woman who's totally different from the one he was attracted to the first place.

—Shelley Duvall

Be thankful for wrong relationships. They teach you, change you, strengthen you, & prepare you for the right one.

—Unknown

Beauty is also submitted to the taste of time, so a beautiful woman from the Belle Epoch is not exactly the perfect beauty of today, so beauty is something that changes with time.

—Karl Lagerfeld

Relationships are such that if one person changes, the relationship changes.  
—Michele Weiner-Davis

A beautiful face will age and a perfect body will change, but a beautiful soul will always be a beautiful soul.  
—Unknown

## **THE STAGES OF WOMAN**

Age 3: She looks at herself and sees a Queen.

Age 8: She looks at herself and sees Cinderella.

Age 15: She looks at herself and sees an Ugly Sister (Mum I can't go to school looking like this!)

Age 20: She looks at herself and sees 'too fat/too thin, too short/too tall, too straight/too curly' - but decides she's going out anyway.

Age 30: She looks at herself and sees 'too fat/too thin, too short/too tall, too straight/too curly' - but decides she doesn't have time to fix it, so she's going out anyway.

Age 40: She looks at herself and sees 'clean' and goes out anyway.

Age 50: She looks at herself and sees 'I am' and goes wherever she wants to go.

Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself & sees wisdom, laughter and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.

--Unknown

Death is very likely the single best invention of life. It's life's change agent; it clears out the old to make way for the new.

—Steve Jobs

No one has been barred on account of his race from fighting or dying for America; there are no white or colored signs on the foxholes or graveyards of battle.

—John F. Kennedy

Many a revolution started with the actions of a few. Only 56 men signed the *Declaration of Independence*. A few hanging together can lead a nation to change.

—Wynton Marsalis

Happy he who learns to bear what he cannot change!

—Friedrich Schiller

Older people are less prone to feel unhappy about things they can't change—an attitude consistent, of course, with ancient traditions that see stoicism and calm as part of wisdom. In fact, it is well established that older people's brains react less strongly to negative stimuli than younger people's brains do.

—Jonathan Rauch

We tend to believe that if we were somewhere else—on vacation, with another partner, in a different career, a different home, a different circumstance—somehow we would be happier and more content. We wouldn't!

—Richard Carlson

He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts.

—Samuel Johnson

The art of living does not consist in preserving and clinging to a particular mode of happiness, but in allowing happiness to change its form without being disappointed by the change; happiness, like a child, must be allowed to grow up.

—Charles Morgan

In recent years, I've tried to come to grips with the idea that you can actually choose to be happy. You can choose not to let things affect you negatively. I've always had such a quick temper. I realize now, it's such a waste of energy. You can actually choose to let things roll off you.

—Jessica Lange

Change is the only constant. Hanging on is the only sin.

—Denise McCluggage

It is now clear to me that the family is a microcosm of the world. To understand the world, we can study the family: issues such as power, intimacy, autonomy, trust, and communication skills are vital parts underlying how we live in the world. To change the world is to change the family.

--Virginia Satir

The family is constantly changing, as each member changes. Some changes we recognize as developments, and the pleasure they bring usually makes us more adaptable. Some changes threaten, or disappoint other members, who may try to resist the change, or punish someone for changing.

--Terri Apter

To be sure, changes in American family structure have been fairly continuous since the first European settlements, but today these changes seem to be occurring so rapidly that the shift is no longer a simple extension of long-term trends. We have passed a genuine watershed: this is the first time in our history that the typical school-age child has a mother who works outside the home.

--Kenneth Keniston

Peace of mind comes from not wanting to change others.

—Gerald Jampolsky

There never was a social change in America without angry people at the heart.

—Keith Miller

Attempting too big a change and/or changing things too quickly can create an adverse reaction and alienate the very people you want to make allies. Learn the context, culture and past before trying to make changes. Unless a crisis situation is apparent realise effective change requires a lot of effort and time.

—George Robotham

8 steps for successful large scale change—Increase urgency, Build the guiding team, Get the vision right, Communicate for buy-in, Empower action, Create short-term wins, Do not let up, Make change stick. These steps provide useful, practical guidance.

—John P. Kotter

In spite of illness, in spite even of the archenemy sorrow, one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways.

--Edith Wharton



Internal change is successful only when the people involved approve of the

- They understand the need for change.
- They believe the change is good for the enterprise and for them.
- They agree that the change being undertaken is the right one.

—George Robotham

We did not change as we grew older; we just became more clearly ourselves.

--Lynn Hall

It is the nature of a man as he grows older...to protest against change, particularly change for the better.

—John Steinbeck

Tradition was safety; change was danger.

--Mary Doria Russell

A great novel is a kind of conversion experience. We come away from it changed.

—Katherine Paterson

The reading of great books has been a life-altering activity to me.

--Pat Conroy

Here's what I mean by the miracle of language. When you're falling into a good book, exactly as you might fall into a dream, a little conduit opens, a passageway between a reader's heart and a writer's, a connection that transcends the barriers of continents and generations and even death ... And here's the magic. You're different. You can never go back to being exactly the same person you were before you disappeared into that book.

—Anthony Doerr

It should be *Middlemarch* that changed my life, right? Except it didn't. Nor, really, did any other book read in adulthood. For a book to really change your life, you have to be young, your relationship to the world still pliable. Which puts me in mind of Robert Louis Stevenson's *A Child's Garden of Verses*. I can still see its cover in my mind's eye, that free, fenced-in yard containing stylized, elongated animals—a lion that's being hugged by a little girl. The other children are all facing the camera and waving a warm welcome to...me!

—Richard Russo

People who want to change everything in the world but never think of changing themselves are clapping with one palm.

--Subhan Zein

We are what we read—and the power of books to transform the minds and personalities of their readers can give cause for anxiety as well as for celebration.

—Richard Kieckhefer

Our relationship with literary characters, at least to those that exercise a certain attraction over us, rests in fact on a denial. We know perfectly well, on a conscious level, that these characters ‘do not exist,’ or in any case do not exist in the same way as do the inhabitants of the real world. But things manifest in an entirely different way on the unconscious level, which is interested not in the ontological differences between worlds but in the effect they produce on the psyche.

Every psychoanalyst knows how deeply a subject can be influenced, and even shaped, sometimes to the point of tragedy, by a fictional character and the sense of identification it gives rise to.

—Pierre Bayard

Think not of the fragility of life, but of the power of books, when mere words have the ability to change our lives simply by being next to each other.

--Kamand Kojouri

If you feel like it’s difficult to change, you will probably have a harder time succeeding.

—Andrea Jung

It is hard to free fools from the chains they revere.

—Voltaire

Tradition means giving votes to the most obscure of all classes, our ancestors. It is the democracy of the dead. Tradition refuses to submit to the small and arrogant oligarchy of those who merely happen to be walking about.

—G. K. Chesterton

Life goes through changes so fast, you think your life is great, than one of your best friends dies. Then you think you found someone you truly love, only to figure out, she doesn't love you back. You cry and cry and cry, but nothing changes. You realize, that you must accept things for what they are, and what they have made you become. Everything in life changes you in some way. Even the smallest things. If you do not accept these changes, you do not accept yourself. For through these changes brings new and greater things to you, making you wiser, as time progresses. To avoid these changes is a loss. You only live your life once. Do not waste a minute of it avoiding things. Let them come to you, and learn from them. There's always tomorrow.

—Adam R. Gwizdala

We are all immigrants to the future; none of us is a native in that land. Margaret Mead famously wrote about the profound changes wrought by the Second World War, 'All of us who grew up before the war are immigrants in time, immigrants from an earlier world, living in an age essentially different from anything we knew before.' Today we are again in the early stages of defining a new age. The very underpinnings of our society and institutions--from how we work to how we create value, govern, trade, learn, and innovate--are being profoundly reshaped by amplified individuals. We are indeed all migrating to a new land and should be looking at the new landscape emerging before us like immigrants: ready to learn a new language, a new way of doing things, anticipating new beginnings with a sense of excitement, if also with a bit of understandable trepidation.

--Marina Gorbis

Change is going to be continual, and today is the slowest day society will ever move.

—Tony Fadell

What you need is not marches, demonstrations, rallies or wide associations, all of them are important. What you need is direct action. The sooner people understand that, the sooner we'll begin to change things.

—Arthur Scargill

If you're still looking for that one person who can change your life, take a look in the mirror.

—Internet Meme

Slowness to change usually means fear of the new.

—Phil Crosby

Honestly, I hate when in books, the guys changes the girl's life. Like, no. The girl needs to change her own life.

--Sasha Alsberg

Reading changes your life. Reading unlocks worlds unknown or forgotten, taking travelers around the world and through time. Reading helps you escape the confines of school and pursue your own education. Through characters—the saints and the sinners, real or imagined—reading shows you how to be a better human being.

—Donalyn Miller

In times of rapid change, experience could be your worst enemy.

—J. Paul Getty

Change alone is unchanging.

—Heraclitus

To remain young one must change.

—Alexander Chase

You can't change someone who doesn't see an issue with their actions.

—informativequotes.com

You can measure how much you changed over the years by reading the same book twice.

—Ela Crain

Born often under another sky, placed in the middle of an always moving scene, himself driven by the irresistible torrent which draws all about him, the American has no time to tie himself to anything, he grows accustomed only to change, and ends by regarding it as the natural state of man. He feels the need of it, more he loves it; for the instability; instead of meaning disaster to him, seems to give birth only to miracles all about him.

—Alexis de Tocqueville

Every man is the architect of his own life. He builds it just the way he wants it. However, after he has built what he wants, he sometimes decides that he doesn't like what he has built and looks for someone or something to blame instead of changing himself.

—Sydney Madwed

It's easy to come up with new ideas; the hard part is letting go of what worked for you two years ago, but will soon be out-of-date.

—Roger von Oech

Life is like an ever-shifting kaleidoscope—a slight change, and all patterns alter.

—Sharon Salzberg

Real change requires you to change your behavior-not just your attitude.

—Phil Stutz

A Women can't change a man because she loves him, where as a man changes himself because he loves her.

—Kumar

Don't marry someone with intolerable characteristics in the hopes of changing him or her. If you can't live with someone who drinks or someone who isn't a Christian or someone who isn't clean, then don't marry that kind of person. The chances for miraculous improvements or changes in behavior are slim. What you see is what you get!

—James C. Dobson

Organizations can't change their culture unless individual employees change their behavior—and changing behavior is hard.

—Keith Ferrazzi

You cannot change someone using fear, degradation, humiliation, or by comparing them to others. It can only be done through love, with love, for love.

—Suzy Kassem

No man ever lived who could remain the same through a series of conflicts which affected his way of living. Of necessity he must change, and alter his attitude toward life.

—Lajos Egri

Each day, we wake slightly altered, and the person we were yesterday is dead.

—John Updike

Read—and be curious. And if somebody says to you: 'Things are this way. You can't change it'—don't believe a word.

—Cornelia Funke

We're not the same person we were a year ago, a month ago, or a week ago. We're constantly changing; Experiences don't stop. That's life.

—Internet Meme

Imagine highways using traffic laws written in 1791.  
Imagine radio, television, and internet run by 1791 regulations.  
Imagine limiting yourself to the medical care available in 1791.  
The Second Amendment was written in 1791.

—Internet Meme

Expecting things to change without putting in any effort is like waiting for a ship at the airport.

—Brightvibes.com

Don't change yourself so that other people will like you. Be yourself so that the right people will love you.

—Internet Meme

God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me.

—Internet Meme

If you change nothing, nothing will change.

—Internet Meme

People don't want to experience change; they just want to wake up and it's different.

--Chadwick Boseman

If you want to make positive changes in your life: Don't sit on the couch and wait for it. Go out. Make a change. Smile more. Be excited. Do new things. Throw away what you've been cluttering. Do not follow negative people on social media. Go to bed early. Wake up early. Be fierce. Don't gossip. Show more gratitude. Do things that challenge you. Be brave.

—Internet Meme

Real change is difficult at the beginning, but gorgeous at the end. Change begins the moment you get the courage and step outside your comfort zone; change begins at the end of your comfort zone.

—Roy T. Bennett

There are four things in this life that will change you. Love, music, art, and loss. The first three will keep you wild and full of passion. May you allow the last to make you brave.

—Erin van Vuren

The aching in my chest  
isn't because I miss you,  
it's realizing that you have  
become someone I no longer know,  
your fears, your 4 am thoughts,  
your achievements,  
are things I no longer have an equivalent to.  
Who we were and who we are  
are four different people,  
and the me from now  
doesn't relate to the me from then,  
let alone to the you from now.

—Tanzy Sayadi

For there to be any change in your life circumstances, you must change. You must improve yourself. You must develop your mind. You must change your company. If you want to fly like the eagles, then you have to make friends with the Eagles and not with chickens. You can't be in the company of chickens and hope to fly like the Eagles someday. Life does not work that way.

—Dr. Bien Sufficient

## **SIX BELIEFS THAT SET THE COURSE OF YOUR LIFE**

1. If you don't believe the impossible can happen, then you are right.
2. When you feel like you are less than others, then you are right.
3. When you believe what you have and how you were raised keeps you from having everything you ever dreamed of, you are right.
4. When you believe your mistakes can't be undone, you are right.
5. When you feel this is the best it is going to get, you are right.
6. When you think someone will never change or rise above their brokenness, you are WRONG!

—Shannon L. Alder

The first step towards getting somewhere is to decide that you are not going to stay where you are.

—J. P. Morgan

Every day, you get the opportunity to change your life. Change what you do not want. Change what makes you unhappy.

—Rodolfo Costa

To achieve something that you have never achieved before, you must become someone that you have never been before.

—Les Brown

Small children take it as a matter of course that things will change every day and grown-ups understand that things change sooner or later and their job is to keep them from changing as long as possible. It's only kids in high school who are convinced they're never going to change. There's always going to be a pep rally and there's always going to be a spectator bus, somewhere out there in their future.

—Stephen King

Don't be so quick to count out the teenagers. Some of the world's greatest changes, brilliant poetry, and innovations have come from the teenage mind.

—Steve Maraboli

Young people think they never can change, but they do in the most wonderful manner, and very few die of broken hearts.

—Louisa May Alcott

You're young, and like anything new. It's change you want. I'm middle-aged, and there's nothing staler to me than change. Constant comfort and little luxuries as regular as the clock are fresher than change.

—John Davidson

The thing about the old is that we never change so much as the young. We slip in degrees, adding rings like trees—a new wrinkle here, a shade less color there, but the young transform like caterpillars into butterflies. They become whole new people as if overnight.

—Michael J. Sullivan



In several educational institutions during the last few years manifestation of student activity in riots has been exciting the country. To the conservative mind, these riots bode no good. As a matter of fact student riots of one sort or another, protests against the order that is, kicks against college and university management indicate a healthy growth and a normal functioning of the academic mind. Youth should be radical. Youth should demand change in the world. Youth should not accept the old order if the world is to move on. But the old orders should not be moved easily certainly not at the mere whim or behest of youth. There must be clash and if youth hasn't enough force or fervor to produce the clash the world grows stale and stagnant and sour in decay. If our colleges and universities do not breed men who riot, who rebel, who attack life with all the youthful vim and vigor, then there is something wrong with our colleges. The more riots that come on college campuses, the better world for tomorrow.

--William Allen White

There are certainly some changes imposed upon us that we ought to resist with all our resources. Marriages can be saved. Children can be parented. Illness can be cured, injuries healed, disabilities overcome, health reclaimed.

There are, however, many changes that will come our way that we cannot resist. And, in such cases, perhaps we ought to 'embrace the change.'

In the midst letting ourselves feel upset, frightened and anxious, we might also accept—even try to work with—the changes we find ourselves faced with.

No matter how unwelcome change might be, we still have control over our response to change.

—Dr. Ken Potts

Any of the big changes of the next 25 years will come from unknowns working in their bedrooms and garages.

—Charles Leadbeater

Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years.

—Unknown

For what it's worth ... it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start all over again.

—Eric Roth

Sometimes you have to accept the fact that certain things will never go back to how they used to be. Life goes on.

—<https://www.facebook.com/selflovers.net/>

Give me coffee to change the things I can and wine to accept those that I cannot.

—*theChive*

No one changes unless they want to. Not if you beg them. Not if you shame them. Not if you use reason, emotion, or tough love. There's only one thing that makes someone change: their own realization that they need to do it.

—Lori Deschene

People talk about caterpillars becoming butterflies as though they just go into a cocoon, slap on wings, and are good to go.

Caterpillars have to dissolve into a disgusting pile of goo to become butterflies.

So if you're a mess wrapped up in blankets right now, keep going.

—Jennifer Wright

How horrible it would be if one never changed...if she were condemned to be the plain, shy Millicent of a few years back for the rest of her life. Fortunately there was always the changing, the growing, the going on.

—Sylvia Plath

Every next level of your life will demand a different you.

—Internet Meme

Making a big life change is scary. But, know what's scarier? Regret.

—Internet Meme

Whatever you are not changing you are choosing.

—Internet Meme

I think about fear a lot....I have to, because if I'm not careful, it will run my life. I may not be smarter than the average bear, but I'm a hell of a lot more anxious...and sometimes it's easier to let Fear take the wheel. See, when Fear drives, you tend to stay in your lane. You drive the same safe roads you've always driven. It's kind of nice, circling that familiar loop. The scenery never changes. And neither do you.

—Nicki Porter

You have to be willing to change. There's so much involved with what I call status quo bias. People in a comfort zone. You need to say, 'On occasion, this serves me and this doesn't. It's just a habit. So, let's set that aside and move on. [People have a hard time doing that because] One, people are terrified of change. Period. And two, the notion that what we experienced as young people becomes nearer and dearer to our hearts as we age. We keep believing that, somehow, we'll get that young thing back. But it's not going to happen, so you might as well revise your thinking.

—Twyla Tharp

Everyone has gone through something that has changed them in a way that they could never go back to the person they once were.

—Internet Meme

Enormous growth comes out of enormous pain.

—Fred Rogers

It is a lot easier to convince people to change if you treat them in a civil manner. Even if you are unsuccessful in changing minds, treating them as humans rather than as symbols embodying all that you hate is quite simply the right thing to do.

—Diane Nash

Expect it [aging] to be a positive experience and do whatever you can to support that expectation. Aging isn't easy, and anyone who says it is isn't experience it. Obviously, there are challenges. The body is insulting the mind, which remembers things that were once possible.

—Twyla Tharp

Change is inevitable. Change for the better is a full-time job.

—Adlai Stevenson

The responsibility to make choices and to institute change is the child's.

—Virginia M. Axline

Every person, organization, and even society reaches a point at which they owe it to themselves to Hit Refresh—to reenergize, renew, reframe, and rethink their purpose. If only it were as easy as punching that little refresh button on your browser. Sure, in this age of continuous updates and always-on technologies, hitting refresh may sound quaint, but still when it's done right, when people and culture re-create and refresh, a renaissance can be the result.

—Satya Nadella

We all have one person who has hurt us so much, that it changed us forever.

—*higherperspectives.com*

You are under no obligation to be the same person you were a year, month or even 15 minutes ago. You have the right to grow. No apologies.

—*livelifehappy.com*

When a photographer can't change a scene, he changes his angles and lens to capture the best of that scene. Similarly, when you can't change a situation in your life, change your perspective to get the best out of that situation.

—*thelawofattraction.com*

We all have pasts. We all made choices that maybe weren't the best ones. None of us are completely innocent, but we get a fresh start every day to be a better person than we were yesterday.

—Cody Bret

Use the words of the movement to pace yourself. We used to say that ours is not the struggle of one day, one week, or one year. Ours is not the struggle of one judicial appointment or presidential term. Ours is the struggle of a lifetime, or maybe even many lifetimes, and each one of us in every generation must do our part. And if we believe in the change we seek, then it is easy to commit to doing all we can, because the responsibility is ours alone to build a better society and a more peaceful world.

—John Lewis

When protest occurs, we can expect that change is coming—change that reflects the evolving will of the people.

—Daniel Q. Gillion

Don't wait for your feelings to change before taking action. Take action and your feelings will change.

—Barbara Baron

Yesterday I was clever,  
So I wanted to change the world.  
Today I am wise,  
So I am changing myself.

—Rumi

Change has become a constant. The way we embrace it defines our future.

—Queen Elizabeth II

You are the same today that you are going to be in five years from now except for two things: the people with whom you associate and the books you read.

—Charles Jones

The past can teach us, nurture us, but it cannot sustain us. The essence of life is change, and we must move ever forward or the soul will wither and die.

—Susanna Kearsley

Don't say you don't have enough time or enough money to change the world. You have exactly the same number of hours per day that were given to Helen Keller, Gandhi, Michelangelo, Mother Teresa, Leonardo da Vinci and Jesus Christ.

—Shannon L. Alder

Only a fool never changes his mind.

—Richard Branson

If you rearrange the letters in DEPRESSION you will get 'I Pressed On' meaning your current situation is not your final destination....Evolve or repeat. Anything that costs your peace is too EXPENSIVE.

—<https://thestateandmind.com>

Forgive the past. It is over. Learn from it and let go. People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing.

—Brian L. Weiss

There is great change to be experienced once you learn the power of letting go. Stop allowing anyone or anything to control, limit, repress, or discourage you from being your true self! Today is YOURS to shape—own it—break free from people and things that poison or dilute your spirit.

—Steve Maraboli

Once social change begins, it cannot be reversed. You cannot un-educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore.

—César Chávez

If you want to change a whole people, then you start with the girls. It stands to reason: they learn faster, and they pass on what they learn to their children.

—Terry Pratchett

Comfort can be a dangerous thing. You stick around home all the time where it's safe and nothing ever changes, and before you know it, you get set in your ways and you quit learning, you quit changing, you don't grow anymore.

—Frank E. Peretti

In the end, it's the people who are curious who change the world.

—Neil deGrasse Tyson

If people were silent nothing would change.

—Malala Yousafzai

Even if you cannot change all the people around you, you can change the people you choose to be around. Life is too short to waste your time on people who don't respect, appreciate, and value you. Spend your life with people who make you smile, laugh, and feel loved.

—Roy T. Bennett

To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language.

—Suzy Kassem

Anarchists know that a long period of education must precede any great fundamental change in society, hence they do not believe in vote begging, nor political campaigns, but rather in the development of self-thinking individuals.

—Lucy Parsons

Don't break a bird's wings and then tell it to fly. Don't break a heart and then tell it to love. Don't break a soul and then tell it to be happy. Don't see the worst in a person and expect them to see the best in you. Don't judge people and expect them to stand by your side. Don't play with fire and expect to stay perfectly safe. Life is about giving and taking. You cannot expect to give bad and receive good. You cannot expect to give hate and receive love. So if you're willing to see positive change in your life, you must be willing to be that change itself.

—Najwa Zebian

You know what makes me sick to my stomach? When I hear grown people say that kids have changed. Kids haven't changed. Kids don't know anything about anything. We've changed as adults. We demand less of kids. We expect less of kids. We make their lives easier instead of preparing them for what life is truly about. We're the ones that have changed.

—Frank Martin

Changing ur opinion based on new information is actually how things should work. That's how adults function.

—Internet Meme

If we want to change something, we must begin with understanding.

—Eric Greitens

The world is changed by people who care deeply about causes—about things that matter. We don't have to be particularly smart or talented. We don't need a lot of money or education. All we really need is to be passionate about something important; something bigger than ourselves. And it's that commitment to a worthwhile cause that changes the world.

—Steve Goodier

Blaming oneself...is difficult. It means living with constant self-criticism. It is not a route to peace of mind. Yet it is profoundly empowering. It implies that, precisely because we accept responsibility for the bad things that have happened, we also have the ability to chart a different course in the future....the outcome depends on us. That is the logical geography of hope.

—Jonathan Sacks

This is an important lesson to remember when you're having a bad day, a bad month, or a shitty year. Things will change: you won't feel this way forever. And anyway, sometimes the hardest lessons to learn are the ones your soul needs most. I believe you can't feel real joy unless you've felt heartache. You can't have a sense of victory unless you know what it means to fail.

—Kelly Cutrone

We have lived our lives by the assumption that what was good for us would be good for the world. We have been wrong. We must change our lives so that it will be possible to live by the contrary assumption, that what is good for the world will be good for us. And that requires that we make the effort to know the world and learn what is good for it.

—Wendell Berry

When you grow up you tend to get told that the world is the way it is and your life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family life, have fun, save a little money. That's a very limited life. Life can be much broader once you discover one simple fact: Everything around you that you call life was made up by people that were no smarter than you. And you can change it, you can influence it... Once you learn that, you'll never be the same again.

—Steve Jobs

As one goes through life, one learns that if you don't paddle your own canoe, you don't move.

—Katherine Hepburn

You can be shaped, or you can be broken. There is not much in between. Try to learn. Be coachable. Try to learn from everybody, especially those who fail. This is hard. ... How promising you are as a Student of the Game is a function of what you can pay attention to without running away.

—David Foster Wallace

Practice is the hardest part of learning, and training is the essence of transformation.

—Ann Voskamp

If we are ever to grow, we ought to learn and always learn some more.

—C. JoyBell C.

Sometimes 'sorry' is not enough. Sometimes you actually have to change.

—A. Meredith Walters

Choose an attitude of wonderment, taking in all that is being said without assuming you already know what the speaker is talking about. Let go of jumping ahead to finish his or her thoughts. In order to learn you have to risk change...changing your mind!

—Dwight Frindt

There are times when you must speak, not because you are going to change the other person, but because if you don't speak, they have changed you.

—Melissa McEwan



One reason people resist change is because they focus on what they have to give up, instead what they have to gain.

—Rick Godwin

Every positive change in your life begins with a clear, unequivocal decision that you are going to either do something or stop doing something.

—Brian Tracy

Life is like a book, some chapters sad, some happy and some exciting. But if you never turn the page, you will never know what the next chapter holds.

—*truthfollower.com*

No matter how far you have gone on a wrong road, turn back.

—Turkish Proverb

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