

OPTIMISM, BEST QUOTES ON

If it were not for hopes, the heart would break.

--Thomas Fuller

There is only one optimist. He has been here since man has been on this earth, and that is 'man' himself. If we hadn't had such a magnificent optimism to carry us through all these things, we wouldn't be here. We have survived everything, and we have only survived it on our optimism.

--Edward Steichen

Although the world is full of suffering, it is full also of the overcoming of it.

--Helen Keller

Early in life I decided that I would not be overcome by events. My philosophy has been that regardless of the circumstances, I shall not be vanquished, but will try to be happy. Life is not easy for any of us. But it is a continual challenge and it is up to us to be cheerful—and to be strong, so that those who depend on us may draw strength from our example.

--Rose Kennedy

If you can't be content with what you have received, be thankful for what you have escaped.

--Izaak Walton

Two men looked through prison bars—
One saw mud; the other, stars.

--Dale Carnegie

Many years ago, a large American shoe manufacturer sent two sales reps out to different parts of the Australian outback to see if they could drum up some business among the aborigines. Some time later, the company received telegrams from both agents. The first one said, 'No business here...natives don't wear shoes.' The second one said, 'Great opportunity here...natives don't wear shoes!'

--John M. Capozzi

If you focus on all that is awful, you will miss all that is wonderful.

--Doe Zantamata

Far away, there in the sunshine, are my highest aspirations.
I may not reach them, but I can look up and see their beauty,
believe in them, and try to follow where they may lead.

—Louisa May Alcott

When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.

--Unknown

Tell the negative committee that meets inside your head to sit down and shut up.

--Ann Bradford

On particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100%...and that's pretty good.

—Internet Meme

It might interest you to know that the 1828 Noah Webster Dictionary identifies the optimist in complimentary terms, but says nothing about the pessimist. The word 'pessimist' was not in our vocabulary at that time. It's a modern 'invention' which I believe we should 'dis-invent.'

—Zig Ziglar

Breathe. It's just a bad day, not a bad life.

—Johnny Depp

There is very little difference in people. But that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative.

--W. Clement Stone

An optimist is the human personification of Spring.

---Susan Bissonette

I'm an optimist, but I'm an optimist who takes his raincoat.

--Harold Wilson

We can cry because rose bushes have thorns, or we can rejoice because thorn bushes have roses.

--Alphonse Karr

Never bend your head.
Always hold it high.
Look the world straight in the eye.

--Helen Keller

People are like stained glass windows. They sparkle and shine when the sun is out; but when the darkness sets in their true beauty is revealed only if there is a light within.

--Elizabeth Kubler-Ross

I always prefer to believe the best of everybody—it saves so much trouble.

--Rudyard Kipling

When we are flat on our backs there is no way to look but up.

--Roger W. Babson

Today is the first day of the rest of your life.

--Charles Dederich

Life is a mirror.
If you frown at it,
it frowns back;
if you smile,
it returns the greeting.

--William Makepeace
Thackeray

The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were.

--John F. Kennedy

Every day cannot be a feast of lanterns.

--Chinese Proverbs

Many eyes go through the meadow, but few see the flowers in it.

--Ralph Waldo Emerson

There's nothing wrong with the world. What's wrong is our way of looking at it.

--Henry Miller

If your daily life seems poor, do not blame it; blame yourself, tell yourself that you are not poet enough to call forth its riches.

--Rainer Maria Rilke

I murmured because I had no shoes, until I met a man who had no feet.

--Persian Proverb

I have always been delighted at the prospect of a new day, a fresh try, one more start, with perhaps a bit of magic waiting somewhere behind the morning.

--J. B. Priestley

Learn to accept in silence the minor aggravations, cultivate the gift of taciturnity, and consume your own smoke with an extra draft of hard work, so that those about you may not be annoyed with the dust and soot of your complaints.

--Sir William Osler

Make it a rule of life never to regret and never look back. Regret is an appalling waste of energy; you can't build on it; it's good only for wallowing in.

--Katharine Mansfield

We can destroy ourselves by cynicism and disillusion, just as effectively as by bombs.

—Kenneth Clark

Negative thinking is merely the absence Of Positive Thinking. Negative Thinkers are passive. They are not 'against' anything—just firmly disinterested.

--Unknown

Worry is like a rocking chair. It gives you something to do, but it doesn't get you anywhere.

--Erma Bombeck

A cynic is a man who, when he smells flowers, looks around for a coffin.

--H. L. Mencken

If all our misfortunes were laid in one common heap whence everyone must take an equal portion, most people would be contented to take their own and depart.

--Socrates

There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something tomorrow.

--O. S. Marden

The hopeful man sees success where others see failure, sunshine where others see shadows and storm.

--O. S. Marden

To live at a low level is to deaden every faculty for high thought and high feeling—it makes drudgery not only of work but also of life.

--Luther Halsey Gulick

Positive people are not positive because they've skated through life. They're positive because they've been through hell and decided they don't want to live there anymore.

—Mona Lisa Nyman

The optimist has a better chance for health than the pessimist.

--Floyd W. Parsons

There is no sadder sight than a young pessimist.

--Mark Twain

I am not afraid of tomorrow, for I have seen yesterday and I love today.

--William Allen White

When I look in the glass I see that every line in my face means pessimism, but in spite of my face—that is my experience—I remain an optimist.

--Richard Jefferies

Pessimism is only the name that men of weak nerves give to wisdom.

--Mark Twain

When it is dark enough, you can see the stars.

--Charles A. Beard

There is not enough darkness in all the world to put out the light of even one small candle.

--Robert Alden

When things come to the worst, they generally mend.

--Susanna Moodie

There is a budding morrow in midnight.

--John Keats

an optimist is a guy
that has never had
much experience

--Don Marquis

How are you going to see the sun if you lie on your stomach?

--Ashanti Proverb

Hope, deceitful as it is, serves at least to lead us to the end of life along an agreeable road.

--Francois

La Rochefoucauld

It is necessary to hope, though hope should always be deluded; for hope itself is happiness, and its frustrations, however frequent, are yet less dreadful than its extinction.

--Samuel Johnson

Never cease to be convinced that life might be better—your own and others’.

--Andre Gide

An optimist is a man who starts a crossword puzzle with a fountain pen.

--Unknown

If you do not drive in sleet to the woods, singing, you have to drive crying.

--Czech Proverb

No sensible person relishes the immature aspects of our optimism, but if we lose that optimism we will surely be a less spirited people, a less magnanimous people and an immeasurably less venturesome people. Zest and generosity will disappear from our national style. And our impact on the world may well disappear along with them.

--John W. Gardner

Act as if all were right and all will be right.

--George Porter

The fact remains that unless one hopes that tomorrow will be more exciting than today, and that next week will be more exciting still, it's rather futile to go on living after fifty, especially in this torn world.

--Sir John Gielgud

There is no medicine like hope, no incentive so great, and no tonics so powerful as expectation of something better tomorrow.

--Orison Swett Marden

Everybody knows how to weep, but it takes a fine texture of mind to know thoroughly how to enjoy the bright and happy things of life.

--Oliver Bell Bunce

We are all in the gutter, but some of us are looking at the stars.

--Oscar Wilde

If you look at life one way, there is always cause for alarm.

--Elizabeth Bowen

Believe that life is worth living, and your belief will help create the fact.

--William James

A cynic is not merely one who reads bitter lessons from the past; he is one who is prematurely disappointed in the future.

--Sydney J. Harris

Don't let life discourage you; everyone who got where he is had to begin where he was.

--Richard L. Evans

Hope in reality is the worst of all evils, because it prolongs the torments of man.

--Friedrich Wilhelm
Nietzsche

Extreme hopes are born of extreme misery.

--Bertrand Russell

If Winter comes, can Spring be far behind?

--Percy Bysshe Shelley

It is better to light a candle than to curse the darkness.

--Chinese Proverb

Say 'Yes' to the seedlings and a giant forest cleaves the sky.

Say 'Yes' to the universe and the planets become your neighbors.

Say 'Yes' to dreams of love and freedom. It is the password to utopia.

--Brooks Atkinson

The essence of optimism is that it takes no account of the present, but it is a source of inspiration, of vitality and hope where others have resigned; it enables a man to hold his head high, to claim the future for himself and not to abandon it to his enemy.

--Dietrich Bonhoeffer

The year's at the spring
And day's at the morn;
Morning's at seven;
The hill-side's dew-pearled;
The lark's on the wing;
The nail's on the thorn;
God's in his heaven—
All's right with the world!

--Robert Browning

One day everything will be well, that is our hope:
Everything's fine today, that is our illusion.

--Voltaire

The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true.

--James Branch Cabell

When fate hands us a lemon, let's try to make lemonade.

--Dale Carnegie

Before you give up hope, turn back and read the attacks that were made upon Lincoln.

--Bruce Barton

This is the best day the world has ever seen. Tomorrow will be better.

--R. A. Campbell

Keep your face to the sunshine and you cannot see a shadow.

--Helen Keller

The human being is an incurable optimist. He believes he has a pretty good chance to win a lottery prize, but that there is scarcely the slightest chance of his getting killed in a traffic accident.

--*Brockton Enterprise-Times*

Each day provides its own gifts.

--Martial

It is hope which maintains most of mankind.

--Sophocles

The natural flights of the human mind are not from pleasure to pleasure, but from hope to hope.

--Samuel Johnson

The hope of life returns with the sun.

--Juvenal

If we are afraid that the night will bring rain before we arrive, we may sing as we go—the way will be less tedious—and so that we may go on our way singing, I will relieve you of your burden.

--Virgil

There can be no progress if people have no faith in tomorrow.

--John F. Kennedy

Few cases of eyestrain have been developed by looking on the bright side of things.

--Unknown

People make enemies by complaining too much to their friends.

--Unknown

Don't complain. The wheel that squeaks the loudest often gets replaced.

--Unknown

Better a bald head than none at all.

--Austin O'Malley

Optimism is man's passport to a better tomorrow.

--Shan Carter.

To the optimist, a fireplace is a center of warmth and beauty. To the pessimist, it is a source of smoke and ashes.

--Unknown

A pessimist has no motor; an optimist has no brakes.

--Unknown

It is only by knowing how little life has in store for us that we are able to look on the bright side and avoid disappointment.

--Ellen Glasgow

The world always looks brighter from behind a smile.

--Unknown

Tomorrow will be a new day.

--Cervantes

Hope springs eternal in the human breast.

--Alexander Pope

Hope is a choice, not a fate.

--Andrew Sullivan

Optimism, said Candide, is a mania for maintaining that all is well when things are going badly.

--Voltaire

He that lives upon hope will die fasting.

--Benjamin Franklin

Cleave ever to the sunnier side of doubt.

--Alfred, Lord Tennyson

Everyone wants happiness;
no one wants pain.
But you can't have a rainbow
without a little rain.

—Zion Lee

'Twi'xt the optimist and pessimist
The difference is droll:
The optimist sees the doughnut
But the pessimist sees the hole.

--McLandburgh Wilson

Optimism is the faith that leads to achievement, nothing can be done without hope
and confidence.

—Helen Keller

An attitude of positive expectation is the mark of the superior personality.

—Brian Tracy

Hope! of all ills that men endure,
The only cheap and universal cure.

--Abraham Cowley

There is no such thing as bad weather, only different kinds of good weather.

—John Ruskin

While there's life, there's hope.

--Marcus Tullius Cicero

It is always darkest just before the day dawneth.

--Thomas Fuller

Optimism is a kind of heart stimulant—the digitalis of failure.

--Elbert Hubbard

Two men look out through the same bars:
One sees the mud, and one the stars.

--Frederick Langbridge

Here is a rule to remember in future, when anything tempts you to feel bitter: not, 'This is a misfortune,' but 'To bear this worthily is good fortune.'

--Marcus Aurelius

Nothing is miserable unless you think it so.

--Boethius

When we sing everybody hears us; when we sigh, nobody hears us.

--Russian Proverb

Our aches and pains conform to opinion. A man's as miserable as he thinks he is.

--Seneca

For the man sound in body and serene of mind there is no such thing as bad weather; every sky has its beauty, and storms which whip the blood do but make it pulse more vigorously.

--George Gissing

The world is hard to love, though we must love it because we have no other, and to fail to love it is not to exist at all.

--Mark Van Doren

The boy who expects every morning to open into a new world finds that to-day is like yesterday, but he believes to-morrow will be different.

--Charles Dudley Warner

The question, 'Which is the happiest season of life,' being referred to an aged man, he replied: 'When spring comes, and in the soft air the buds are breaking on the trees, and they are covered with blossoms, I think, How beautiful is Spring! And when the summer comes, and covers the trees with its heavy foliage, and singing birds are among the branches, I think, How beautiful is Summer! When autumn loads them with golden fruit, and their leaves bear the gorgeous tint of frost, I think, How beautiful is Autumn! And when it is serene winter, and there is neither foliage nor fruit, then I look up through the leafless branches, as I never could until now, and see the stars shine.'

--Unknown

It is worth a thousand pounds a year to have the habit of looking on the bright side of things.

--Samuel Johnson

In all things it is better to hope than to despair.

--Johann Wolfgang von
Goethe

It is always easier to believe than to deny. Our minds are naturally affirmative.

--John Burroughs

Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism.

--Carl Gustav Jung

Idealism increases in direct proportion to one's distance from the problem.

--John Galsworthy

What is the use of straining after an amiable view of things, when a cynical view is most likely to be the true one?

--George Bernard Shaw

He who despairs of the human condition is a coward, but he who has hope for it is a fool.

--Albert Camus

From the day you're born until the day you ride in a hearse, there's nothing so bad that it couldn't be worse.

--Smokey Robinson

If we fill our hours with regrets over the failures of yesterday, and with worries over the problems of tomorrow, we have no today in which to be thankful.

--Unknown

The world is like a mirror
Reflecting what you do,
And if your face is smiling,
It smiles right back at you.

--Unknown

We should seize every opportunity to give encouragement. Encouragement is oxygen to the soul. The days are always dark enough. There is no need for us to emphasize the fact by spreading further gloom.

--George M. Adams

This country wasn't built on cynicism.
It was built on a can-do attitude.

One shouldn't complain about
the way things are
unless one is willing to try
to make a difference.

--Frankie Sue del Papa

Discoveries big and small might have been made a lot sooner if someone had just
said 'You can' instead of 'You can't'

--Unknown

Don't curse the darkness—light a candle.

--Chinese Proverb

It takes both rain and sunshine to make a rainbow.

--Proverb

The Winner is always part of the answer
The Loser is always part of the problem

The Winner always has a program
The Loser always has an excuse

The Winner says 'Let me do it for you'
The Loser says 'That's not my job'

The Winner sees an answer for every problem
The Loser sees a problem for every answer

The Winner sees a green near every sand trap
The Loser sees two or three sand traps near every green

The Winner says 'It may be difficult but it's possible'
The Loser says 'It may be possible but it's too difficult'

--Unknown

I know those miserable fellows, and I hate them, who see a black star always riding through the light and colored clouds in the sky overhead.

--Ralph Waldo Emerson

There are people who have an appetite for grief, pleasure is not strong enough and they crave pain, mithridatic stomachs which must be fed on poisoned bread, natures so doomed that no prosperity can sooth their ragged and disheveled desolation.

--Ralph Waldo Emerson

Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances.

--Saint Vincent de Paul

The most important thing when you're starting out is not to let the naysayers steal your dreams. The world is chockful of negative people. They have a thousand reasons why your dreams won't work, and they're ready to share them with you at the drop of a hat. You just have to believe in your ability and make your dreams come true.

--Barbara Grogan

In South Africa, they dig for diamonds. Tons of earth is moved to find a little pebble not as large as a little fingernail. The miners are looking for the diamonds, not the dirt. They are willing to lift all the dirt in order to find the jewels. In daily life, people forget this principle and become pessimists because there is more dirt than diamonds. When trouble comes, don't be frightened by the negatives. Look for the positives and dig them out. They are so valuable it doesn't matter if you have to handle tons of dirt.

--David Seabury

Idealism is what precedes experience; cynicism is what follows.

--David T. Wolf

An optimist is a fellow who believes what's going to be will be postponed.

--Kin Hubbard

There is a budding morrow in midnight.

--John Keats

The fault-finder will find faults even in Paradise. Love your life.

--Henry David Thoreau

An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.

--Winston Churchill

Keep a green tree in your heart and perhaps the singing bird will come.

--Chinese Proverb

Every obstacle is a stepping stone to your success.

--Unknown

The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

--Winston Churchill

No more prizes for predicting rain...prizes only for building arks!

--Don Edward Beck

Resolve to see the world on the sunny side, and you have almost won the battle of life at the outset.

--Sir Robert L'Estrange

It ain't no use putting up your umbrella till it rains.

--Alice Caldwell Rice

Suffering becomes beautiful when anyone bears great calamities with cheerfulness, not through insensibility but through greatness of mind.

--Aristotle

There can be no rainbow without a cloud and a storm.

--John H. Vincent

Optimist: a proponent of the doctrine that black is white.

--Ambrose Bierce

For myself I am an optimist—it does not seem to be much use being anything else.

--Winston Churchill

Do not expect the world to look bright, if you habitually wear gray-brown glasses.

--Charles Eliot

There is no sadder sight than a young pessimist, except an old optimist.
--Mark Twain

The habit of looking on the bright side of every event is worth more than a thousand pounds a year.
--Samuel Johnson

He is the best physician who is the most ingenious inspirer of hope.
--Samuel Taylor
Coleridge

Do you know what a pessimist is? A man who thinks everybody as nasty as himself, and hates them for it.
—George Bernard Shaw

Never allow your energy or enthusiasm to be dampened by the discouragements that must inevitably come.
--James Whitcomb Riley

Optimism is the content of small men in high places.
--F. Scott Fitzgerald

The king had two sons—one an optimist, the other a pessimist. The king gave the pessimist everything he desired, and he gave the optimist a room full of horse manure. The pessimist was despondent because he no longer had anything to look forward to. The optimist was happy as he could be. ‘With all this manure,’ he said, ‘there must be a pony.’
--Unknown

If you don’t want to get into positive thinking, that’s O.K. Just eliminate all the negative thoughts from your mind, and whatever’s left will be fine.
--Bob Rotella

Those who are lifting the world upward and onward, are those who encourage more than criticize.
--Elizabeth Harrison

This is the true joy in life...being a force of nature instead of a feverish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.
--George Bernard Shaw

Optimist: a man who gets treed by a lion but enjoys the scenery.

--Walter Winchell

A pessimist is a man who thinks all women are bad. An optimist is a man who hopes they are.

--Chauncey Mitchell
Depew

Clear your mind of can't.

--Dr. Samuel Johnson

One of the things I learned the hard way was that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself.

--Lucille Ball

The world is round and the place which may seem like the end may also be the beginning.

--Ivy Baker Priest

Hope sees the invisible, feels the intangible, and achieves the impossible.

--Helen Keller

There is no medicine like hope, no incentive so great and no tonic so powerful as expectation of something tomorrow.

--Orison Swett Marden

The darkest hour is only 60 minutes.

--Morris Mandel

Optimism is the folly of maintaining that everything is all right when we are wretched.

--Voltaire

Pessimism comes from the temperament, optimism from the will.

--Alain

In these times you have to be an optimist to open your eyes when you awake in the morning.

--Carl Sandburg

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

--Herm Albright

Rain does not fall on one roof alone.

--African Proverb

A little rain each day will fill the rivers to overflowing.

--Liberian Proverb

No matter how long the night, the day is sure to come.

--Congolese Proverb

No matter how long the winter, spring is sure to follow.

--Guinean Proverb

Good things happen to positive people.

--Les Brown

I am glad I am an optimist. The pessimist is half-licked before he starts. The optimist has won half the battle, the most important half that applies to himself, when he begins his approach to a subject with the proper mental attitude. The optimist may not understand, or if he understands he may not agree with, prevailing ideas; but he believes, yes, knows, that in the long run and in due course there will prevail whatever is right and best.

--Thomas A. Buckner

Our lives are not determined by what happens to us, but how we react to what happens; not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst...a spark that creates extraordinary results.

--Unknown

Attitudes are contagious...is yours worth catching?

--Unknown

Hope is generally a wrong Guide, though it is very good company by the way.

--Edward F. Halifax

Hope is the poor man's bread.

--George Herbert

An optimist is a girl who mistakes a bulge for a curve.

--Ring Lardner

The best place to find optimists is at a marriage license bureau.

--Unknown

The place where optimism flourishes most is the lunatic asylum.

--Havelock Ellis

If you think you are beaten, you are;
If you think you dare not, you don't.
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will;
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the one who thinks he can.

--Walter D. Wintle

Today is the first day of the rest of your life.

--Charles Dederich

When you talk about your troubles, your ailments, your diseases, your hurts, you give longer life to what makes you unhappy. Talking about your grievances merely adds to those grievances. Give recognition only to what you desire. Think and talk only about the good things that add to your enjoyment of your work and life. If you don't talk about your grievances, you'll be delighted to find them disappearing quickly.

--Thomas Dreier

A misty morning does not signify a cloudy day.

--Ancient Proverb

Yesterday's the past, tomorrow's the future, today is a gift. That's why they call it the present.

--Bil Keane

Cheer up! The worst is yet to come!

--Philander Chase
Johnson

There is no danger of developing eye strain from looking on the bright side of things.

--Unknown

Life can only disappoint you if you let it.

--Mark Hopkins

If you want the rainbow, you gotta put up with the rain.

--Dolly Parton

When you don't have red, use blue.

--Pablo Picasso

My barn having burned to the ground, I can see the moon.

--Chinese Proverb

I really believe the most handicapped person in the whole world is a negative thinker.

--Heather Whitestone

The day a person becomes a cynic is the day he loses his youth.

--Marvin D. Levy

Always remember that if God had meant for today to be perfect he wouldn't have invented tomorrow.

--Unknown

If you are going through hell, keep going.

--Winston Churchill

He that lives upon hope will die fasting.

--Benjamin Franklin

I am neither an optimist nor pessimist, but a 'possibilist'.

--Max Lerner

Things turn out the best for people who make the best of the way things turn out.

-- John Wooden

The optimist's glass is always half full. The pessimist's is half empty. The optimist says, 'Please pass the cream.' The pessimist says, 'Is there any milk in that pitcher down there?' An optimist invented the airplane. A pessimist invented the parachute.

--Walter M. Buescher

Hope is merely disappointment deferred.

--W. Burton Baldry

Idealism increases in direct proportion to one's distance from the problem.

--John Galsworthy

Whatever your past has been, you have a spotless future.

--Unknown

I am an idealist. I don't know where I'm going, but I'm on my way.

--Carl Sandburg

An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.

--Bill Vaughan

Each dawn holds a new hope for a new plan, making the start of each day the start of a new life.

--Gina Blair

Of all the forces that make for a better world, none is so indispensable, none so powerful, as hope.

--Charles Sawyer

Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances.

--Saint Vincent de Paul

Teaching is the greatest act of optimism.

--Colleen Wilcox

No pessimist ever discovered the secrets of the stars, or sailed to an uncharted land, or opened a new heaven to the human spirit.

--Helen Keller

You can't have a better tomorrow if you're always thinking about yesterday.

--Charles Kettering

A pessimist is a person who has had to listen to too many optimists.

--Don Marquis

Yesterday is not ours to recover, but tomorrow is ours to win or to lose.

--Lyndon B. Johnson

The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.

--William Arthur Ward

Dwelling on the negative simply contributes to its power.

--Shirley MacLaine

When you're lying in the ditch, at least flip over to see the stars.

--Maggie Milne

The optimist claims the glass is half full; the pessimist claims it is half empty. An engineer observes that the glass is twice as big as it needs to be.

--Unknown

I am too positive to be doubtful. Too optimistic to be fearful. And too determined to be defeated.

--Unknown

If you see someone without a smile, give them one of yours.

—Dolly Parton

An idealist is one who, on noticing that a rose smells better than a cabbage, concludes that it will also make better soup.

--H. L. Mencken

Everything will be all right in the end. So if it is not all right, it is not yet the end.
--Indian Saying

I'm not sure if I'm an optimist or a pessimist...I see the glass half-clean.
--Jeff Stahler

Don't ever become a pessimist...a pessimist is correct oftener than an optimist, but an optimist has more fun, and neither can stop the march of events.
--Robert A. Heinlein

With all the manure around here, there has to be a pony in there somewhere.
--Ronald Reagan

I have become my own version of an optimist. If I can't make it through one door, I'll go through another door - or I'll make a door. Something terrific will come no matter how dark the present.
--Rabindranath Tagore

The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.
--Norman Cousins

I resolve to speak ill of no man whatever, not even in a matter of truth but rather by some means excuse the faults I hear charged upon others, and upon proper occasions speak all the good I know of everybody.
--Benjamin Franklin

If you break your neck, if you have nothing to eat, if your house is on fire, then you got a problem. Everything else is inconvenience.
--Robert Fulghum

Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it.
--Mark Twain

Criticism and pessimism destroy families, undermine institutions of all kinds, defeat nearly everyone, and spread a shroud of gloom over entire nations.
--Gordon B. Hinckley

Scratch a pessimist and you find often a defender of privilege.
--William Beveridge

We will often find compensation if we think more of what life has given us and less about what life has taken away.

--William Barclay

Positive thinking is the key to success in business, education, pro football, anything that you can mention. I go out there thinking that I'm going to complete every pass.

--Ron Jaworski

The most positive men are the most credulous.

--Alexander Pope

It takes no more time to see the good side of life than to see the bad.

--Jimmy Buffet

If you can't stay positive, you will fade away. I am a hypochondriac—I am always in the doctor's office. If you don't laugh about that, you go crazy. I take a cry like everyone else now and then. But as soon as I am finished wiping away the tears, it is back to being the joker again.

—George Foreman

Life is like a camera. Just focus on what's important and capture the good times, develop from the negatives and if things don't work out, just take another shot.

—Ziad K. Abdelnour

Count the garden by the flowers, never by the leaves that fall. Count your life with smiles and not the tears that roll.

—Unknown

An optimist is a person who starts a new diet on Thanksgiving Day.

—Irv Kupcinet

An optimist thinks this is the best of all worlds. A pessimist fears the same may be true.

—Doug Larson

Every morning is a fresh beginning. Every day is the world made new. Today is a new day. Today is my world made new. I have lived all my life up to this moment, to come to this day. This moment--this day--is as good as any moment in all eternity. I shall make of this day--each moment of this day--a heaven on earth. This is my day of opportunity.

—Dan Custer

I am thankful for..

- the mess to clean after a party because it means I have been surrounded by friends.
- The taxes I pay because it means that I am employed.
- The clothes that fit a little too snug because it means I have enough to eat.
- My shadow who watches me work because it means I am out in the sunshine.
- A lawn that has to be mowed, windows that have to be washed, and gutters that need fixing because it means I have a home.
- The spot I find at the far end of the parking lot because it means I am capable of walking.
- All the complaining I hear about our government because it means we have the freedom of speech.
- The lady behind me in church who sings off key because it means that I can hear.
- The huge pile of laundry and ironing because it means my loved ones are nearby.
- The alarm that goes off in the early morning because it means that I'm alive.
- weariness and aching muscles at the end of the day because it means I have been productive.

—*Family Circle*
(November, 1999)

Even the darkest night will end and the sun will rise.

—Victor Hugo

Things are good with me, and even when they're not, they will be soon enough.

—Stephen Chbosky

The darkest hour has only 60 minutes.

—Morris Mandel

We can always choose to perceive things differently. You can focus on what's wrong in your life, or you can focus on what's right.

—Marianne Williamson

Optimism is essential to achievement, and it is also the foundation of courage and true progress.

—Nicholas M. Butler

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, the education, the money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with you... we are in charge of our Attitudes.

—Charles R. Swindoll

Don't let the darkness from your past block the light of joy in your present. What happened is done. Stop giving time to things which no longer exist, when there is so much joy to be found here & now.

—Karen Salmansohn

There are far better things ahead than any we leave behind.

—C. S. Lewis

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

—Carl Bard

If you fail, never give up because F.A.I.L means 'First Attempt In Learning.' END is not the end. In fact, E.N.D means 'Effort Never Dies.' If you get NO as an answer, remember N.O means 'Next Opportunity.'

—Dr. A.P.J. Abdul Kalam

I don't think you lead by pessimism and cynicism. I think you lead by optimism and enthusiasm and energy.

—Patricia Ireland

Think of your brain as a radio transmitter. It broadcasts thoughts, directions and vibrations into your life. Every day you get to choose the station it's tuned into to. Learn to tune out negativity to make room for positivity. Walk away from the nonsense around you. Focus on the positives, and soon the negatives will become static.

—Unknown

If you cannot be positive, then at least be quiet.

—Joel Osteen

Overthinking is the biggest cause of our unhappiness. Keep yourself occupied. Keep your mind off things that don't help you. Think positively.

—*SimpleReminders.com*

Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.

—Mahatma Gandhi

If it does not open, it's not your door.

—Elie Klachkin

A frog decided to reach the top of a tree. All frogs shouted, 'It's impossible, It's impossible...' Still the frog reached the top...How? because...He was DEAF...and He thought...everyone was encouraging him to reach the top...Be deaf to negative thoughts...if your aim is to reach your goal.

—*laugingcolours.com*

Waste not fresh tears over old griefs.

—Euripides

Reflect upon your present blessings of which every man has many—not on your past misfortunes, of which all men have some

—Charles Dickens

Even so, one step from my grave,
I believe that cruelty, spite,
The powers of darkness will in time,
Be crushed by the spirit of light.

—Boris Pasternak

I dwell in possibility.

—Emily Dickinson

In order for the light to shine so brightly, the darkness must be present.

—Francis Bacon

A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty.

—Winston Churchill

Instead of saying Impossible, let's teach our students to say: I'm Possible!

—Heidi McDonald

If you see your glass a half empty pour it into a smaller glass and stop bitching.

—*Bumper Sticker*

A negative mind will never give you a positive life.

—Ed DeCorte

Think of all the beauty still left around you and be happy.

—Anne Frank

Since the house is on fire let us warm ourselves.

—Italian Proverb

The optimism of a healthy mind is indefatigable.

—Margery Allingham

The Americans are optimistic by their nature. And they are hopeful.

—Chaka Fattah

I have had dreams, and I've had nightmares. I overcame the nightmares because of my dreams.

—Jonas Salk

If you believe that feeling bad or worrying long enough will change a past or future event, then you are residing on another planet with a different reality system.

—William James

Today is the day I will change my mind,
and leave all the negative things behind.

—Semetra C. Vanison

I was blessed with a mother who was in a constant state of wonder...And whenever I'd complain or be upset about something, my mother had the same advice: 'Darling, change the channel. You are in control of the clicker. Don't replay the bad, scary movie.'

—Arriana Huffington

You can do anything you think you can. This knowledge is literally the gift of the gods, for through it you can solve every human problem. It should make of you an incurable optimist. It is the open door.

—Robert Collier

Be happy not because everything is good, but because you can see the good side of everything.

—Unknown

Don't let the tall weeds cast a shadow on the beautiful flowers in your garden.

—Steve Maraboli

I am convinced after more than 50 years in the field of motivation that anyone who wants to learn to look at life and/or their circumstances in a positive light can do so.

—Zig Ziglar

You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive.

—Maya Angelou

Positive thinking will let you do everything better than negative thinking will.

—Zig Ziglar

Beautiful things happen when you distance yourself from negativity.

—*www.HealthyPlace.com*

At each epoch of history the world was in a hopeless state, and at each epoch of history the world muddled through; at each epoch the world was lost, and at each epoch it was saved.

--Jacques Morton

Negative thought saps a person's strength.

—Lailah Gifty Akita

Stay upbeat and keep your head held high. There is no end to the power of positive thinking.

—Ron Barrow

Don't bemoan and bewail. Omit the negative propositions. Nerve us with constant affirmatives.

—Ralph Waldo Emerson

Success is achieved by those who try and keep trying with a positive mental attitude.

—W. Clement Stone

If you want to know how negative you are, pay attention to how much you hate negativity in other people. Fragile, artificial positivity needs always to be surrounded by more positivity in order to stay positive, but the ability to be positive, happy, and even, at times, appreciative around 'negative people' is the mark of real positivity.

—Criss Jami

You can work miracles by having faith in others. To get the best out of people, choose to think and believe the best about them.

--Bob Moawad

I don't know where we got the notion that God wants us to suffer. Every living thing tends toward the good or we would have been gone a long time ago.

—Al Jarreau

The next time you have the urge to complain, stop and ask yourself what it is you truly want. Do you just want to complain or do you want to improve your situation? Somewhere within each complaint is a genuine desire to improve things, but the complaint by itself is never enough to make it happen. So make the choice not to aggravate a bad situation with your complaints. Choose instead to improve it with your positive thoughts, ideas and actions.

—Unknown from *The
Angel Affect: The
World Wide
Mission*

A beautiful day begins with a beautiful mindset. Every day you wake up, think about what a privilege it is to simply be alive and healthy. Stop focusing on the negatives and everything that could go wrong and start thinking about what could go right. Better yet, think of everything that already is right. Be thankful for nights that turned into mornings, friends who turned into family and past dreams and goals that turned into realities. Use this mindset of positivity to fuel an even brighter today and tomorrow.

—John Geiger

As you look back on your life, you will often realize that many of the times you thought you were being rejected from something good, you were in fact being redirected to something better. You can't control everything. Sometimes you just need to relax and have faith things will work out. Let go and just let life happen the way it's supposed to. Sometimes the outcomes you can't change end up changing you and helping you grow mentally, emotionally or spiritually.

When things fall apart, consider the possibility that life knocked them down for a reason. It was not to punish you, but to prompt you to build something better to fit your personality and your purpose. Sometimes things fall apart so better things can fall together.

—John Geiger

I don't think you lead by pessimism and cynicism. I think you lead by optimism and enthusiasm and energy.

—Patricia Ireland

Leaders need to be optimists. Their vision is beyond the present.

—Rudy Giuliani

Keep looking up...that's the secret of life.

—Charles Schultz

Since we cannot get what we like, let us like what we can get.

--Spanish Proverb

Constant complaint is the poorest sort of pay for all the comforts we enjoy.

--Benjamin Franklin

Choose life. Choose to forgive. Choose to accept, to neither covet nor compare....Let us be grateful for our blessings and be kind and loving, not only to those we love, but also to ourselves. Let us see the glass as half full, at least.

--Susan Estrich

If you look at what you have in life, You'll always have more. If you look at what you don't have in life, You'll never have enough.

--Oprah Winfrey

Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense.

--Ralph Waldo Emerson

Accept the past as the past and realize that each new day you are a new person who doesn't need to carry old baggage into the new day with you. It's amazing how many people ruin the beauty of today with the sorrows of yesterday. Yesterday doesn't exist anymore! For example, if ever I feel foolish or guilty about something I've done, I learn from it and attempt to do better the next time. Shame or guilt serves no one. Such feelings actually keep us down, often lowering the vibrations of those around us, as well. Living in the present moment is the recurring baptism of the soul, forever purifying every new day with a new you.

—Alaric Hutchinson

Feel down about getting older? Wish your life was better? Worried about all the problems that come with age? A new survey suggests you need only wait: Many pessimistic feelings held by people earlier in life take an optimistic turn as they move toward old age. Even hallmark concerns of old age—about declining health, lack of independence and memory loss—lessen as Americans age....When asked to rate their quality of life, people noted an improvement as they moved from their 50s to their 60s and beyond. Among respondents 70 and older, two-thirds rated their life excellent or very good, compared with about half of 30-somethings.

—Matt Sedensky

Some people are so much sunshine to the square inch.

—Walt Whitman

The younger generation is less optimistic. Perhaps as they age they will build resilience and they build the capacity that will help them cope better....People often find in their later years a growing appreciation for facets of life they may have focused on less when they were younger, including spirituality and personal relationships. Fulfillment from those things can help bolster overall happiness, even in the face of potential physical decline.

—Dr. Zia Agha

Daylight follows a dark night.

—Maasai Proverb

Pessimism in a citizen is like cowardice in a soldier.

--Adlai Stevenson

If you believe in yourself, that means you're thinking positively, and you'll make it; you're gonna do it! But if you have a negative image about yourself, you'll really kill yourself. One of the greatest things you have in life is that no one has the authority to tell you what you want to be. You're the one who will decide what you want to be. Respect yourself and respect the integrity of others as well. The greatest thing you have is your self image, a positive opinion of yourself. You must never let anyone take it from you.

--Jaime Escalante

When I feel good about myself, things start happening for myself. When you look up, you go up.

—Herschel Walker

Be like the bird who, pausing in her flight awhile on boughs too slight,
Feels them give way beneath her,
And yet sings, knowing she hath wings.

—Victor Hugo

For every person who will say yes, there are twenty who will say no. For a positive response you must find the twenty-first person.

--Chuck Reaves

If you get up in the morning and think the future is going to be better, it is a bright day. Otherwise, it's not.

—Elon Musk

I have inspiration and feelings of being alive most every day I live.

—Judy Collins

Values are rooted in a basic optimism about life and a faith in free will.

—Barack Obama

The farmer has to be an optimist, or he wouldn't still be a farmer.

—Will Rogers

Practice being grateful. Take 45 seconds each morning to think up (or even write down) some of the things that you're grateful for. This keeps your focus on abundance (what you have) versus scarcity (what you don't have).

—Ryan G. Van Cleave

In moments of discouragement, defeat, or even despair, there are always certain things to cling to. Little things usually: remembered laughter, the face of a sleeping child, a tree in the wind—in fact, any reminder of something deeply felt or dearly loved. No man is so poor as not to have many of these small candles. When they are lighted, darkness goes away—and a touch of wonder remains.

—Tombstone Inscription
in Britain

May I never miss a sunset or a rainbow because I am looking down.

--Sara June Parker

The preciousness of life becomes especially profound when you've held a dying child in your arms and look into the faces of parents, their eyes weary from sleepless hours of pacing waiting rooms. I've witnessed the unbendable spirit of the children, whose strength and optimism burns within them. Only then do you understand the real and fragile beauty of life.

--Marlo Thomas

Another species of optimist is the man who marries his secretary and thinks he will continue dictating to her.

--Unknown

There is in the worst of fortune the best of chances for a happy change.

—Euripides

Ignorance of one's misfortunes is clear gain.

—Euripides

An optimist is a young man who hurries because he thinks his date is ready and waiting for him.

—Unknown

I see the glass half full and thank God for what I have.

—Ana Monnar

Talk happiness. The world is sad enough without your woe.

--Orison Swett Marden

Each day of your life, as soon as you open your eyes in the morning, you can square away for a happy and successful day. It's the mood and the purpose at the inception of each day that are the important facts in charting your course for the day. We can always square away for a fresh start, no matter what the past has been. It's today that is the paramount problem always. Yesterday is but history.

--George Matthew Adams

Doubly rich is the man still boyish enough to play, laugh and sing as he carries and emanates sunshine along a friendly road.

--Charles R. Wiers

Love is a word that can truly change any atmosphere. Love is at the very root of having a positive attitude. To love is to give hope to even the darkest atmosphere.

--Mark Andrew Poe

Go outside, to the fields, enjoy nature and the sunshine,
go out and try to recapture happiness in yourself and in God.
Think of all the beauty that's still left in and around you and be happy!

--Anne Frank

Some people get angry because God put thorns on roses, while others praise him for putting roses among thorns.

—Unknown

It is 9 o'clock, and I am sitting before the big fireplace in my library, where the pine knots are fast becoming ashes. Why not? Yes, why not see the Old Year out and the New Year in? I will pile more knots on the embers, and, leaning back in my chair, will see how the two years are mortised together. Why should I not help to look after these things, for I have had nearly eighty of these years, and every one of them chock full of gifts and goodness? I will have nothing to do with the doleful dolts, who count their troubles and see only what is missing. Tonight I shall see God tinkering at the joints of the years. Have you any idea how many years are locked together in one of these pine knots? Different trees, like different folk, vary in power to carry bruises and scratches. Early in life I learned there were two sides to everything, and I resolved that I would see always the bright side; I would stand as close as I could to God, and get his angle of vision. The more I see of the world, the more I am sure there is sunshine enough to go around. After all and thru it all, to make life worth the while, what we must have and make for health and growth, is soul-shine.

—Edward Payson Powell

The way her younger sister dealt with near death and a diagnosis of ulcerative colitis, after the birth of her only child, inspired her. 'I was furious with God that my beautiful sister, at age 23, would have a colostomy bag hanging off her body for the rest of her life. But she said, 'Don't curse God for this bag. It means I get to live the rest of my life, I get to see my daughter grow up.' I was looking at the wrong thing.

--Kathy Lee Gifford

Good things happen in your life when you surround yourself with positive people.

—Roy T. Bennett

Some people walk in the rain, others just get wet.

—Roger Miller

Every time I see an adult on a bicycle, I no longer despair for the future of the human race.

—H. G. Wells

Think positive—it keeps you young. For example, I fell down the stairs today and I thought WOW—that's the fastest I've moved in years.

—Unknown

Studies have found that those who take in more positive views of aging from their culture tend to lead healthier lives. These positive views of aging predict better memory performance over time, lower risk of cardiac events and better chances of recovering from severe disabilities. Those with more positive self-views of aging live, on average, 7.5 years longer than those with less-positive ones.

—Becca Levy

Habits of perception determine how we feel about our body and our age. Think your memory will worsen, and it will. Think you can't do that yoga pose, and you can't.

—Deepak Chopra

There is always a lot to be thankful for, if you take the time to look. For example, I'm sitting here thinking how nice it is that wrinkles don't hurt.

—Unknown

A new planting is like having another child, requiring patience and sacrifice and a resounding optimism for the future.

--David Mas Masumoto

An optimistic gardener is one who believes that whatever goes down must come up.
—Leslie Hall

Every moment is a golden one for him who has the vision to recognize it as such.
—Henry Miller

You need to stay positive in life. In sports, it means letting go of bad shots. In life, it means letting go of mistakes.
—Martina Navratilova

Optimism is an occupational hazard of programming; feedback is the treatment.
—Kent Beck

Despite America's reputation for optimism, nearly three-quarters of U.S. adults are pessimistic about the country's future.
—Sarah Elizabeth Adler
(2018)

A rosy outlook leaves us overconfident. For example, homeowners who underestimated their chances of radon exposure were less likely to buy radon test kits than were those with a more realistic sense of risk—their optimism left them vulnerable.
—Neil D. Weinstein
and Judith E. Lyon

Optimism can beget disappointment. In one study, psychology students were surveyed immediately before and after receiving exam results. Students who had anticipated a higher grade than they received were upset after learning their score; students who had underestimated their grade (i.e., the pessimists) felt better afterward.

—K. Sweeny and
J. A. Shepperd

A 30-year study of more than 10,000 Germans found that older adults who had underestimated their future satisfaction were less likely than their optimistic peers to end up disabled or die prematurely.

—Frieder R. Lang,
David Weiss,
Denis Gerstorf,
and Gert G.
Wagner

Every year of my life I grow more convinced that it is wisest and best to fix our attention on the beautiful and the good, and dwell as little as possible on the evil and the false.

—Richard Cecil

I've seen enough things to know that if you just keep on going, if you turn the corner, the sun will be shining.

—Al Sharpton

Humor can help you cope with the unbearable so that you can stay on the bright side of things until the bright side actually comes along.

—Allen Klein

You've got to think lucky. If you fall into a mudhole, check your back pocket—you might have caught a fish.

—Darrell Royal

Being idealistic really helps you overcome some of the many obstacles put in your path.

—Andy Hertzfeld

I think that you have to believe in your destiny; that you will succeed, you will meet a lot of rejection and it is not always a straight path, there will be detours—so enjoy the view.

—Michael York

Negative thoughts are like fat, it takes a long time to get rid of it and only a short time to gain it back.

—*theChive*

Don't cry because it's over. Smile because it happened.

—Theodor Geisel

One small positive thought in the morning can change your whole day.

—*KarmaSaying.com*

Pessimist: the glass is half empty.

Optimist: the glass is half full.

Me: Yay! There is room to add vodka.

—*theChive*

When it is darkest, men see the stars.

—Ralph Waldo Emerson

I always have the feeling in these low states that something good is about to happen. That's when I feel the fullest, the rawest, the closest to myself.

—Nastassja Kinski

In 1748, Voltaire defined an optimist as 'a mad man who maintains that everything is right what is wrong.'

In 1858, Artimus Ward corrected Voltaire.' An optimist,' he thought, 'is anybody who doesn't give a darn what happens as long as it happens to somebody else.'

In 1900, 'Mr. Dooley' (Finley Peter Dunne) gave his notion of an optimist: 'A man of eighty-five who gets married and starts looking for a new home near a schoolhouse.'

This year, on West Forty-fifth Street, a precocious youngster named Harold Ross disdained the forgoing, and demanded, 'Pop, what is an optimist today?' His guardian, a fellow named Raoul Fleischman, answered sagely, 'An optimist today, my boy, is somebody who cannot possibly have read the front page of any newspaper for the past three years.'

—Bennett Cerf

'tis not too late to build a better world.

—Tommy Douglas

Stay away from negative people. They have a problem for every solution.

—Unknown

Stop being afraid of what can go wrong. Start being excited about what can go right.

—Yoana Dianika

It's a wonder I haven't abandoned all my ideals, they seem so absurd and impractical. Yet I cling to them because I still believe, in spite of everything, that people are truly good at heart. I simply can't build up my hopes on a foundation consisting of confusion, misery and death.

—Anne Frank

A sign you have a positive workplace culture is laughter. Just listen to how much laughter there is where you work. Laughter is a very good sign of positivity. You can work hard and still laugh and enjoy your workday more.

—Sam Glenn

The positive forces flow most frequently from the female fountain.

—Charles White

In the end, it all comes to choices to turn stumbling blocks into stepping stones.

—Amber Frey

Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight.

—Benjamin Franklin

A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

—Harry S. Truman

HOW LONG??? No rules on time...the more aligned you are with positive feelings the quicker things happen.

—Rhonda Byrne

I never met a man that I didn't like. When you meet people, no matter what opinions you might have formed about them beforehand, why, after you meet them and see their angle and their personality, why, you can see a lot of good in all of them.

—Will Rogers

Faith is the bird that feels the light and sings when the dawn is still dark.

—Rabindranath Tagore

To be healthy, wealthy, happy and successful in any and all areas of your life you need to be aware that you need to think healthy, wealthy, happy and successful thoughts twenty four hours a day and cancel all negative, destructive, fearful and unhappy thoughts. These two types of thought cannot coexist if you want to share in the abundance that surrounds us all.

—Sidney Madwed

Never complain and never explain.

—Benjamin Disraeli

Never cry because you have mountains of problem in your hands to solve. Always smile because each problems will someday resolve.

—Santosh Kalwar

Take a shower, wash off the day. Drink a glass of water. Make the room dark. Lie down and close your eyes.

Notice the silence. Notice your heart. Still beating. Still fighting. You made it, after all. You made it, another day. And you can make it one more.

You're doing just fine.

—Charlotte Eriksson

Day is over, night has come.

Today is gone, what's done is done.

Embrace your dream, through the night,

Tomorrow comes with a whole new light.

—*TruthFollower.com*

There are no hopeless situations; There are only people who have grown hopeless about them.

—Clare Boothe Luce

Sometimes when you're in a dark place you think you've been buried, but you've actually been planted.

—Christine Caine

Ships don't sink because of the water around them; ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.

—Joel Osteen

With optimism, you look upon the sunny side of things. People say, 'Studs, you're an optimist.' I never said I was an optimist. I have hope because what's the alternative to hope? Despair? If you have despair, you might as well put your head in the oven.

—Studs Terkel

Staying positive doesn't mean you have to be happy all the time. It means that even on hard days you know that there are better ones coming.

—*thinkpacific.com*

Every day may not be good, but there's something good in every day.

—Alice Morse Earle

Being negative only makes a difficult journey more difficult. You may be given a cactus, but you don't have to sit on it.

—Joyce Meyer

[Start] a gratitude journal because no matter how tough things get, there is always something for which to be grateful. Start by writing down just five things you're grateful for each day. It can be something as simple as enjoying your favorite meal or a good chat with a close friend. When you're feeling down, crack open your gratitude journal and review old entries. Chances are, it'll bring a smile to your face.

—Jean Murphy

There has been more 'optimism' talked and less practiced than at any time during our history. Every millionaire we have has offered a speech instead of keeping still and offering a job. Our optimism is all at the banquet table, where everybody there has more than they can eat.

—Will Rogers

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

HATE has 4 letters, so does LOVE.
ENEMIES has 7 letters, so does FRIENDS.
LYING has 5 letters, so does TRUTH..
NEGATIVE has 8, so does POSITIVE.
UNDER has 5, so does ABOVE.
CRY has 3 letters, so does JOY.
ANGER has 5 letters, so does HAPPY.
RIGHT has 5 letters, so does WRONG.
HURT has 4 letters, so does HEAL.
Be happy. Enjoy life.
It means Life is like a double edged sword...
So transform every negative side into an aura of positivity. energy..
We should choose the better side of life.

—*shareinspirequotes*

The smile on my face does not mean my life is perfect. It means that despite my challenges, I choose to focus on my blessings.

—Internet Meme

Choose Joy! Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you'll run out of time.

—*Brightside.Me*

When I wake up, I expect things to be good. If they're not, then I try to set about trying to make them as good as I can 'cause I know I'm gonna have to live that day anyway.

—Dolly Parton

If you feel like you're losing everything, remember that trees lose their leaves every year and they still stand tall and wait for better days to come.

—*theChive*

Positive thinking is powerful thinking. If you want happiness, fulfillment, success and inner peace, start thinking you have the power to achieve those things. Focus on the bright side of life and expect positive results.

—Germany Kent

A positive attitude leads to a positive action, which then yields a positive result. That's how the cycle always goes. Nothing seems to be too difficult for people blessed with positive mindsets.

—Kevin J. Donaldson

Adopt the positive in everything you do, for there will always be positivity there to find, if that is what you seek.

—Chris Murray

Go 24 hours without complaining. Not even once...then watch how your life starts changing.

—*creationswap.com*

When you're a kid you have these notions about how things are going to be.... You get a little older and you pull back on some of that. I think you wind up just tryin' to minimize the pain.

—Cormac McCarthy

I love the optimism on the shores of youth, where time hasn't yet eroded faith.

—Amy Neftzger

Those who wish to sing always find a song.

—Swedish Proverb

You gotta look for the good in the bad. The happy in your sad. The gain in your pain. And what makes you grateful not hateful.

—Karen Salmansohn

When a negative thought enters your mind, think three positive ones. Train yourself to flip the script!

—Internet Meme

When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you.

—Dr. Seuss

An old man said, 'Erasers are made for those who make mistakes.' A youth replied, 'Erasers are made for those who are willing to correct their mistakes!' Attitude matters.

—Internet Meme

When you start to feel like things should have been better this year, remember the mountains and valleys that got you here. They are not accidents, and those moments weren't in vain. You are not the same. You have grown and you are growing. You are breathing, you are living, you are wrapped in endless, boundless grace. And things will get better. There is more to you than yesterday.

—Morgan Harper Nichols

Something as simple as writing down three things you're grateful for every day for 21 days in a row significantly increases your level of optimism, and it holds for the next six months.

—Shawn Achor

The person who says it cannot be done should not interrupt the person doing it.

—Chinese Proverb

Rivers never go reverse. So try to live like a river. Forget your past and focus on your future. Always be positive!

—Internet Meme

Some people could be given an entire field of roses and only see the thorns in it. Others could be even a single weed and only see the wildflower in it. Perception is a key component to gratitude. And gratitude a key component to joy.

—Amy Weatherly

You never go wrong when you take the high road—it's less crowded up there.
—Gayle King

Keep your face to the sunshine and you can never see the shadow.
—Helen Keller

Never regret anything that has happened in your life. It cannot be changed, undone or forgotten. So take it as a lesson learned and move on.
—Internet Meme

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.
—Louisa May Alcott

There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad and focus on the good. Love the people who treat you right, pray for the ones who do not. Life is too short to be anything but happy.
—José N. Harris

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world.
—Fred Rogers

How much larger your life would be if your self could become smaller in it; if you could really look at other men with common curiosity and pleasure...You would break out of this tiny and tawdry theatre in which your own little plot is always being played, and you would find yourself under a freer sky, in a street full of splendid strangers.
—G. K. Chesterton

Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts.
—Marcus Aurelius

Sometimes there is nothing you can do but let it rain and wait for the sunshine.
—Internet Meme

I have decided to use the ‘2 put-up’ rule when I start teaching my own class. This rule states that if you put down or say something mean to a fellow student, you must give them two put-ups (say two nice things about that student). A teacher friend of mine came up with this idea and has used it with elementary students as well as high school seniors. It really cuts down on put-downs and reminds students that, ‘if you don’t have something nice to say, don’t say anything at all.’

—Rose Ingraldi

You have to fill your bucket with positive energy—and if you have people hanging around you that are bringing you down and not lifting you up, whether that’s your ‘boo’ or your best friend—you have to learn how to push these people to the side.

—Michelle Obama

Flowers grow back, even after they are stepped on.
So will you.

—Internet Meme

Do not be dismayed by the brokenness in the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.

—L. R. Knost

We have a virus...but 99% of those who contract it will survive.
We have some racists...but 99.95% of the people you meet are color blind and don’t have a racial bone in their body.
We have some bad cops...but 99.995% of the law enforcement personnel you encounter would risk their lives to save yours.
If you choose to see evil, then evil is all you’ll see.
As for me...I choose to see the good in people...my heart is full...
I’ve got nothing but love for all of you.

—Joshua M. Dahlstrom

In older people who keep themselves physically, mentally and socially active, we see the growth of what we call the neurobiology of wisdom. You don’t get as upset when things go wrong. You focus on the positive and on people and connections. You feel great when you have a senses of purpose.

—Dilip Jeste, M.D.

If you're not hopeful and optimistic, then you just give up. You have to take the long hard look and just believe that if you're consistent, you will succeed.

—John Lewis

Older people remember and pay attention to positive images (cute babies, happy couples, joyous families) better than negative images. They also remember more positive experiences from their past.

—Sari Harrar

Despite all the bad days and the mean people, I still believe in good days and kind people. Plus, there are always dogs.

—Internet Meme

Stay positive! The only difference between a good day and a bad day is your attitude.

—Dennis Brown

Your terrible job is the dream of the unemployed.

Your house is the dream of the homeless.

Your smile is the dream of the depressed.

Your health is the dream of those who are ill.

Don't let difficult times make you forget your blessings.

—*sun-gazing.com*

When life seems like an uphill task do not ever give up on yourself or on life! Travel to a new place, learn a new language, embrace a new culture, play a musical instrument, read a good book, watch the sunrise, experience the sunset, go for a swim in the river, hug a tree, sit near the lake, or climb a mountain! You will fall in love with life all over again!

—Avijeet Das

In the midst of hate, I found there was, within me, an invincible love.

In the midst of tears, I found there was, within me, an invincible smile.

In the midst of chaos, I found there was, within me, an invincible calm.

I realized, through it all, that...

In the midst of winter, I found there was, within me, an invincible summer.

And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger—something better, pushing right back.

—Albert Camus

Every day I wake up and decide, today Im going to love my life.

—Carrie Hamilton

Once you replace negative thoughts with positive ones, you'll start having positive results.

—Willie Nelson

If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.

—Christopher Robin

Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.

—Internet Meme

Some days are better,
Some days are worse.
Look for the blessing
Instead of the curse.
Be positive, stay strong,
And get enough rest.
You can't do it all.
But you can do your best.

—Internet Meme

When life gives you a hundred reasons to break down and cry, show life that you have a million reasons to smile and laugh. Stay strong.

—Internet Meme

Positive expectations are the mark of the superior personality.

—Brian Tracy

Best not to look back. Best to believe there will be happily ever afters all the way around—and so there may be; who is to say there will not be such endings? Not all boats which sail away into darkness never find the sun again, or the hand of another child; if life teaches anything at all, it teaches that there are so many happy endings that the man who believes there is no God needs his rationality called into serious question.

—Stephen King

Chess teaches foresight, by having to plan ahead; vigilance, by having to keep watch over the whole chess board; caution, by having to restrain ourselves from making hasty moves; and finally, we learn from chess the greatest maxim in life—that even when everything seems to be going badly for us we should not lose heart, but always hoping for a change for the better, steadfastly continue searching for the solutions to our problems.

—Benjamin Franklin

I'd rather look forward and dream, than look backward and regret.

--James Van Praagh

Always believe that something wonderful is about to happen.

—Dr. Sukhraj Dhillon

The light at the end of the tunnel is just the light of an oncoming train.

—Robert Lowell

When you're buying books, you're optimistically thinking you're being the time to read them.

—Arthur Schopenhauer

8 DAILY REMINDERS

- It's okay if the only thing you did today was breathe
- You will overcome this
- Be a light in this world
- Strive for progress, not perfection
- Stop waiting for Friday
- If someone said or did something mean to you today—What they did has nothing to do with you and everything to do with themselves
- You just believe in yourself first
- It's okay to not be okay

—*shihoriobata.com*

What made her beautiful was not her appearance or what she achieved, but in her love and in her courage, and her audacity to believe: no matter the darkness around her, Light ran wild within her, and that was the way she came alive, and it showed up in everything.

—Morgan Harper Nichols

Never regret a day in your life. Good days give you happiness & bad days give you experience.

—*fearlessmotivation.com*

In this sad world of ours, sorrow comes to all; and, to the young, it comes with bitterest agony, because it takes them unawares. The older have learned to ever expect it. I am anxious to afford some alleviation of your present distress. Perfect relief is not possible, except with time. You can not now realize that you will ever feel better. Is not this so? And yet it is a mistake. You are sure to be happy again. To know this, which is certainly true, will make you some less miserable now. I have had experience enough to know what I say; and you need only to believe it, to feel better at once.

—Abraham Lincoln

Cultivate an optimistic mind, use your imagination, always consider alternatives, and dare to believe that you can make possible what others think is impossible.

—Rodolfo Costa

You have to open up to the world and learn optimism...Contentment with the past, happiness with the present, and hope for the future. Learned optimism.

—Jennifer Crusie

Don't be so damn hard on yourself. Yeah, you screwed up. You're not perfect, fine. Learn from it. But don't punish yourself. Be kind to you, even when you screw up. You'll bounce back eventually. You'll make up for it.

—Stephanie Klein

Search for the seed of good in every adversity. Master that principle and you will own a precious shield that will guard you well through all the darkest valleys you must traverse. Stars may be seen from the bottom of a deep well, when they cannot be discerned from the mountaintop. So will you learn things in adversity that you would never have discovered without trouble. There is always a seed of good. Find it and prosper.

—Og Mandino

Life ain't easy. Terrible things happen to everyone. You have to keep your sense of humor, give something of yourself to others, make friends who are younger than you, learn new things, and have fun.

—George Vaillant

Be an encourager, the world has enough critics already.

—Unknown

Every day contains a universe of potential; exhaust it. Live and love so immensely that when death comes there is nothing left for him to take.

—Dominic Owen Mallary

If you want to, you can find a million reasons to hate life and be angry at the world. Or, if you want to, you could find a million reasons to love life and be happy. Choose wisely.

—Cari Welsh

When you replace ‘why is this happening to me’ with ‘what is this trying to teach me?’, everything shifts.

—Anne Dennish

Positive thinking can be contagious. Being surrounded by winners helps you develop into a winner.

—Arnold
Schwarzenegger

I grew up with a disabled dad in a too-small house with not much money in a starting-to-fail neighborhood, and I also grew up surrounded by love and music in a diverse city in a country where an education can take you far. I had nothing or I had everything. It depends on which way you want to tell it.

—Michelle Obama

If You Have A Lemon, Make A Lemonade. That is what a great educator does. But the fool does the exact opposite. If he finds that life has handed him a lemon, he gives up and says: ‘I’m beaten. It is fate. I haven’t got a chance.’ Then he proceeds to rail against the world and indulge in an orgy of self pity.

But when the wise man is handed a lemon, he says: ‘What lesson can I learn from this misfortune? How can I improve my situation? How can I turn this lemon into a lemonade?’

—Dale Carnegie

Tough times never last, but tough people do! Stay positive.

—Internet Meme

There is no group of Americans more pessimistic than working-class whites. Well over half of blacks, Latinos, and college-educated whites expect that their children will fare better economically than they have. Among working-class whites, only 44 percent share that expectation.

—J. D. Vance

My therapist set half a glass of water in front of me. He asked if I was an optimist or a pessimist. So, I drank the water and told him I was a problem solver.

—Unknown

Anybody who writes a book is an optimist. First of all, they think they're going to finish it. Second, they think somebody's going to publish it. Third, they think somebody's going to read it. Fourth, they think somebody's going to like it. How optimistic is that?

—Margaret Atwood

So far you've survived 100% of your worst days. You're doing great.

—Internet Meme

Without cold, there would be no coziness.

—Eric Weiner

We can't just hope for a brighter day; we have to work for a brighter day.

—Dolly Parton

Never wait for a perfect moment,
Just take a moment and make it perfect.

—Internet Meme

You absolutely HAVE to become ok with not being liked. No matter how loving or kind you are, you will never please your way into collective acceptance. You could be a whole ray of sunshine and people will hate you cuz they're used to rain. Be ok with shining regardless.

—Internet Meme

In the depth of winter, I finally learned that within me there lay an invincible summer.

—Albert Camus

Learning to distance yourself from all the negativity is one of the greatest lessons to achieve inner peace.

—Roy T. Bennett

I believe in pink. I believe that laughing is the best calorie burner. I believe in kissing, kissing a lot. I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day and I believe in miracles.

—Audrey Hepburn

In my own worst seasons I've come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.

—Barbara Kingsolver

I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

—Maya Angelou

There has to be darkness for light to be known.

—Stacey Abrams

Since it is so likely that (children) will meet cruel enemies, let them at least have heard of brave knights and heroic courage. Otherwise you are making their destiny not brighter but darker.

—C. S. Lewis

Stop saying 'I wish' and start saying 'I will.'

—Tiffany Alvord

Quitting gets a bad rap in life, as it's associated with pessimism, laziness, and lack of confidence. In labor economics, however, quits signify the opposite; an optimism among workers about the future; an eagerness to do something new; and a confidence that if they jump ship, they won't drown but rather just land on a better, richer boat.

—Derek Thompson

At times the world may seem an unfriendly and sinister place, but believe that there is much more good in it than bad. All you have to do is look hard enough and what might seem to be a series of unfortunate events may in fact be the first steps of a journey.

—Lemony Snicket

Everything will be alright in the end, so if it is not alright, it is not the end.
—Deborah Moggach

Forget who hurt you yesterday, but don't forget those who love you every day. Forget the past that makes you cry and focus on the present that makes you smile. Forget the pain but never the lessons you gained.
—Internet Meme

Pessimists see the glass half empty. Optimists are already opening another bottle.
—Internet Meme

There is always, always, always, something to be grateful for.
—Rhonda Byrne

Some people are always grumbling because roses have thorns. I am thankful that thorns have roses.
—Alphonse Karr

Fear is the darkroom where negatives are developed.
—Michael Pritchard

Keep your face always toward the sunshine—and shadows will fall behind you.
—Walt Whitman

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