

BEST INSPIRATIONAL QUOTES

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

—Saadi Shirazi

The past is a place of reference, not a place of residence; the past is a place of learning, not a place of living.

—Roy T. Bennett

Every moment is a fresh beginning.

—T. S. Eliot

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

—John Wooden

No matter how long you have traveled in the wrong direction, you can always turn around.

—Unknown

One small crack does not mean you are broken. It means that you were put to the test & you didn't fall apart.

—Linda Poindexter

Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.

—Lance Armstrong

Pain is nothing compared to what it feels like to quit.

—Dan Gable

I like living. I have sometimes been wildly, despairingly, acutely miserable, racked with sorrow, but through it all I still know that just to be alive is a grand thing.

—Agatha Christie

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon—instead of enjoying the roses blooming outside our windows today.

—Dale Carnegie

Pain is inevitable. Suffering is optional.

—Haruki Murakami

I can't go back to yesterday because I was a different person then.

—Lewis Carrol

Count your blessings, not your problems.

—Unknown

Surround yourself with those who bring out the best in you, not the stress in you.

—Unknown

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

—Roy T. Bennett

Pain is temporary. Quitting lasts forever.

—Lance Armstrong

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

—Mahatma Gandhi

If you want to lift yourself up, lift up someone else.

—Booker T. Washington

I have learned over the years that when one's mind is made up, this diminishes fear.

—Rosa Parks

The question isn't who is going to let me; it's who is going to stop me.

—Ayn Rand

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

—Helen Keller

How wonderful it is that nobody need wait a single moment before starting to improve the world.

—Anne Frank

When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.

—Marc Chernoff

Heaven knows we need never be ashamed of our tears, for they are rain upon the blinding dust of earth, overlying our hard hearts. I was better after I had cried, than before—more sorry, more aware of my own ingratitude, more gentle.

—Charles Dickens

And once the storm is over you won't remember how you made it through, how you managed to survive. You won't even be sure, in fact, whether the storm is really over. But one thing is certain. When you come out of the storm you won't be the same person who walked in. That's what this storm's all about.

—Haruki Murakami

I have been bent and broken, but—I hope—into a better shape.

—Charles Dickens

I want you to remember who you are, despite the bad things that are happening to you. Because those bad things aren't you. They are just things that happen to you. You need to accept that who you are and the things that happen to you, are not one and the same.

—Colleen Hoover

We need never be hopeless, because we can never be irreparably broken.

—John Green

I've been absolutely terrified every moment of my life—and I've never let it keep me from doing a single thing I wanted to do.

—Georgia O'Keeffe

As long as we continue to think we will be happy in the future, we will never be happy in the moment, and that is the same as saying that we will never be happy. If we think that our lives will be better when we get that better job or retire, stay or go, gain or lose weight, or when our children grow and leave or come back, we are putting off the happiness that there is in today.

—Aminu Kano

Life isn't about waiting for the storm to pass. It's about learning to dance in the rain.

—Vivian Greene

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

—Unknown

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

—Helen Keller

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

In life, there are some things we might never really get over. Sometimes the best thing we can do is just get through. But that's okay. There's still a lot of beauty to find on the other side!

—Unknown

It has been my philosophy of life that difficulties vanish when faced boldly.

—Isaac Asimov

Issue a blanket pardon. Forgive everyone who has ever hurt you in any way. Forgiveness is a perfectly selfish act. It sets you free from the past.

—Brian Tracey

Never react emotionally to criticism. Analyze yourself to determine whether it is justified. If it is, correct yourself. Otherwise, go on about your business.

—Norman Vincent Peale

Never confuse a single defeat with a final defeat.

—F. Scott Fitzgerald

A gem cannot be polished without friction, nor a man perfected without trials.

—Chinese Proverb

Many of life's failures are experienced by people who did not realize how close they were to success when they gave up.

—Thomas Edison

The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.

—Elisabeth Kübler-Ross

The darkest hour has only sixty minutes.

—Morris Mandel

Forget past mistakes. Forget failures. Forget about everything except what you're going to do now—and do it.

—William Durant

No one can make you feel inferior without your consent.

—Eleanor Roosevelt

The harder you fall, the higher you bounce.

—Unknown

Success is the ability to go from failure to failure without losing your enthusiasm.

—Winston Churchill

Things are neither good nor bad but thinking makes it so.

—William Shakespeare

If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down but the staying down.

—Mary Pickford

It is never too late to be what you might have been.

—George Elliott

Now and then it's good to pause in our pursuit of happiness and just be happy.

—Guillaume Apollinaire

Worry does not empty tomorrow of its sorrow; it empties today of its strength.

—Corrie Ten Boom

Nobody will believe in you unless you believe in yourself.

—Liberace

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

—M. Scott Peck

The way I see it, if you want the rainbow, you gotta put up with the rain.

—Dolly Parton

Failure is only the opportunity to begin again, this time more wisely.

—Henry Ford

We must accept finite disappointment, but never lose infinite hope.

—Martin Luther
King, Jr.

There's no better place to search for hope than the future; a concept that gives everyone in existence a reason to live.

—Amy Newak

He who has health has hope, and he who has hope has everything.

—Arabian Proverb

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste adversity, prosperity would not be so welcome.

—Anne Bradstreet

Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.

—Thich Nhat Hanh

Do not think of a painful experience as a dark time in your life. You emerge out of everything learning something or becoming a better person. You realize who your real friends are and how much your loved ones mean to you.

—Colleen Ho

Life is not easy for any of us. But what of that? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.

—Marie Curie

When made frustrated and fretful by small cares, look up at the sky, the stars, and see how insignificant our troubles really are.

—Unknown

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

—Jimmy Dean

Perfection is not attainable, but if we chase perfection we can catch excellence.

—Vince Lombardi

Try to be a rainbow in someone's cloud.

—Maya Angelou

Nothing is impossible; the word itself says 'I'm possible!'

—Audrey Hepburn

Put your heart, mind, and soul into even your smallest acts. This is the secret of success.

—Swami Sivananda

It is during our darkest moments that we must focus to see the light.

—Aristotle Onassis

Change your thoughts and you change your world.

—Norman Vincent Peale

There are two ways of spreading light: to be the candle or the mirror that reflects it.

—Edith Wharton

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

—Walt Whitman

How wonderful it is that nobody need wait a single moment before starting to improve the world.

—Anne Frank

I believe in living today. Not in yesterday, nor in tomorrow.

—Loretta Young

The measure of who we are is what we do with what we have.

—Vince Lombardi

I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars.

—Og Mandino

Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far.

—Mary Kay Ash

We know what we are, but know not what we may be.

—William Shakespeare

No act of kindness, no matter how small, is ever wasted.

—Aesop

Give light, and the darkness will disappear of itself.

—Desiderius Erasmus

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

—Ralph Waldo Emerson

When you get into a tight place and everything goes against you, till it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.

—Harriet Beecher Stowe

If we did all the things we are capable of, we would literally astound ourselves.

—Thomas A. Edison

I dwell in possibility.

—Emily Dickinson

If there were no night, we would not appreciate the day, nor could we see the stars and the vastness of the heavens. We must partake of the bitter with the sweet. There is a divine purpose in the adversities we encounter every day. They prepare, they purge, they purify, and thus they bless.

—James E. Faust

If you accept the expectations of others, especially negative ones, then you never will change the outcome.

—Michael Jordan

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

—Anne Frank

I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.

—Neil Armstrong

You change your life by changing your heart.

—Max Lucado

Most of us have far more courage than we ever dreamed we possessed.

—Dale Carnegie

Our time here is magic! It's the only space you have to realize whatever it is that is beautiful, whatever is true, whatever is great, whatever is potential, whatever is rare, whatever is unique, in. It's the only space.

—Ben Okri

It seems to me we can never give up longing and wishing while we are thoroughly alive. There are certain things we feel to be beautiful and good, and we must hunger after them.

—George Eliot

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

—Tony Robbins

Each day provides its own gifts.

—Marcus Aurelius

Today is the only day. Yesterday is gone.

—John Wooden

What makes the desert beautiful is that somewhere it hides a well.

—Antoine de
Saint-Exupery

The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.

—Ben Okri

I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and transform it into something of value.

—Hermann Hesse

The Wright brothers flew right through the smoke screen of impossibility.

—Charles Kettering

Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig.

—Marcus Aurelius

Hope is the thing with feathers, that perches in the soul, and sings the tune without words, and never stops at all.

—Emily Dickinson

The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another's, smile at someone and receive a smile in return, are to me continual spiritual exercises.

— Leo Buscaglia

To love means loving the unlovable. To forgive means pardoning the unpardonable. Faith means believing the unbelievable. Hope means hoping when everything seems hopeless.

—Gilbert K. Chesterton

There are darkneses in life and there are lights, and you are one of the lights, the light of all lights.

—Bram Stoker

And above all things, never think that you're not good enough yourself. A man should never think that. My belief is that in life people will take you at your own reckoning.

—Isaac Asimov

In spite of everything, I still believe people are really good at heart.

—Anne Frank

Tomorrow is always fresh, with no mistakes in it yet.

—L. M. Montgomery

As long as you live, there's always something waiting; and even if it's bad, and you know it's bad, what can you do? You can't stop living.

—Truman Capote

You still have a lot of time to make yourself be what you want. There's still lots of good in the world.

—S. E. Hinton

Sanity is a valuable possession; I hoard it the way people once hoarded money. I save it, so I will have enough, when the time comes.

—Margaret Atwood

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

We've got to live, no matter how many skies have fallen.

—D. H. Lawrence

A smile is the lighting system of the face, the cooling system of the head and the heating system of the heart.

—Unknown

Bad things happen:

—Every day.

—To everyone.

The difference is in how people deal with it.

—Unknown

Deal with the world the way it is, not the way you wish it was.

— John Chambers

Don't go through life; grow through life.

—Eric Butterworth

Most people never run far enough on their first wind to find out they've got a second.

—William James

Smiling is the best way to face any problem, to crush every fear and to hide every pain.

—Will Smith

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

—Henry Ford

Either you run the day, or the day runs you.

—Jim Rohn

Whether you think you can or you think you can't, you're right.

—Henry Ford

The two most important days in your life are the day you are born and the day you find out why.

—Mark Twain

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.

—Johann Wolfgang von
Goethe

Go confidently in the direction of your dreams. Live the life you have imagined.

—Henry David Thoreau

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left and could say, I used everything you gave me.

—Erma Bombeck

Believe you can and you're halfway there.

—Theodore Roosevelt

Everything you've ever wanted is on the other side of fear.

—George Addair

Start where you are. Use what you have. Do what you can.

—Arthur Ashe

Fall seven times and stand up eight.

—Japanese Proverb

If the wind will not serve, take to the oars.

—Latin Proverb

Too many of us are not living our dreams because we are living our fears.

—Les Brown

Challenges are what make life interesting and overcoming them is what makes life meaningful.

—Joshua J. Marine

When you come to a roadblock, take a detour.

—Mary Kay Ash

There are no short cuts to any place worth going.

—Beverly Sills

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

—Arthur Christopher
Benson

Don't wish it were easier, wish you were better.

—Jim Rohn

You may not control all the events that happen to you, but you can decide not to be reduced by them.

—Maya Angelou

Nothing in life is to be feared; it is only to be understood. Now is the time to understand more so that we may fear less.

—Marie Curie

When the whole world is silent, even one voice becomes powerful.

—Malala Yousafzai

If you're going through hell, keep going.

—Winston Churchill

Don't tell me the sky's the limit when there are footprints on the moon.

—Paul Brandt

Do Not Lie to Yourself. We have to be honest about what we want and take risks rather than lie to ourselves and make excuses to stay in our comfort zone.

—Roy T. Bennett

Sometimes good things fall apart, so better things can fall together.

—Jessica Howell

Take responsibility of your own happiness, never put it in other people's hands.

—Roy T. Bennett

Life is too short to waste your time on people who don't respect, appreciate, and value you.

—Roy T. Bennett

Follow your heart, listen to your inner voice, stop caring about what others think.

—Roy T. Bennett

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.

—Pearl S. Buck

Accept yourself, love yourself, and keep moving forward. If you want to fly, you have to give up what weighs you down.

—Roy T. Bennett

It's your life; you don't need someone's permission to live the life you want. Be brave to live from your heart.

—Roy T. Bennett

The advice I like to give young artists, or really anybody who'll listen to me, is not to wait around for inspiration. Inspiration is for amateurs; the rest of us just show up and get to work. If you wait around for the clouds to part and a bolt of lightning to strike you in the brain, you are not going to make an awful lot of work. All the best ideas come out of the process; they come out of the work itself. Things occur to you. If you're sitting around trying to dream up a great art idea, you can sit there a long time before anything happens. But if you just get to work, something will occur to you and something else will occur to you and something else that you reject will push you in another direction. Inspiration is absolutely unnecessary and somehow deceptive. You feel like you need this great idea before you can get down to work, and I find that's almost never the case.

—Chuck Close

Head up, heart open. To better days!

—T. F. Hodge

Never lose hope. Storms make people stronger and never last forever.

—Roy T. Bennett

Inspiration is a guest that does not willingly visit the lazy.

—Pyotr Ilyich
Tchaikovsky

Never let hard lessons harden your heart; the hard lessons of life are meant to make you better, not bitter.

—Roy T. Bennett

In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.

—Albert Schweitzer

A bird is safe in its nest—but that is not what its wings are made for.

—Amit Ray

The happiest people don't have the best of everything, they make the best of everything.

—Oprah Winfrey

Let the past be a guidepost, not a hitching post.

--L. Thomas Holdcroft

You'll never find a rainbow if you're looking down.

—Charlie Chaplin

We rely upon the poets, the philosophers, and the playwrights to articulate what most of us can only feel, in joy or sorrow. They illuminate the thoughts for which we only grope; they give us the strength and balm we cannot find in ourselves. Whenever I feel my courage wavering, I rush to them. They give me the wisdom of acceptance, the will and resilience to push on.

—Helen Hayes

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.

—Billy Cox

Storms make trees take deeper roots.

—Dolly Parton

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 them.

—Louisa May Alcott

Some people will never 'get you'. Do not spend eternity asking why. People will see you differently, just cherish those who lift your soul.

—*Dodinsky's Garden of Thoughts*

We shall draw from the heart of suffering itself the means of inspiration and survival.

—Winston Churchill

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

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

Even though there are days I wish I could change some things that happened in the past, there's a reason the rear view mirror is so small and the windshield is so big, where you're headed is much more important than what you've left behind.

—*www.theodysseyonline.com*

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

—Internet Meme

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*

When nobody else celebrates you, learn to celebrate yourself. When nobody else compliments you, then compliment yourself. It's not up to other people to keep you encouraged. It's up to you. Encouragement should come from the inside.

—Joel Osteen

I've been called every racial slur in the book. I've been told explicitly that people who look like me don't play golf, we don't have a right to exist in America, you should go home. It would definitely faze me a little bit, but it never deterred me. I'm really stubborn, so I'm going to prove you wrong, just wait. When people think they're dragging me down, it kind of fuels the fire in me that I'm going to be a better golfer, I'm going to be a better student, I'm going to keep climbing up the ladder.

—Noor Ahmed (Muslim
golfer at the
*University of
Nebraska*)

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

Failure will never overtake me if my determination to succeed is strong enough.

—Og Mandino

Believe you can and you're halfway there.

—Theodore Roosevelt

Tough times never last, but tough people do.

—Dr. Robert Schuller

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

—Helen Keller

Every strike brings me closer to the next home run.

—Babe Ruth

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

Bloom.

—Christine Caine

ONE

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame a goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference;
Be that One today.

— B. J. Gallagher

- (1) Nothing is Permanent in this World, not even our Troubles.
- (2) I like Walking in the Rain, because NoBody can see my Tears.
- (3) The Most Wasted Day in Life is the Day in which we have not Laughed.

LIFE is to Enjoy with Whatever you have with You, Keep Smiling...!

If you feel STRESSED, Give yourself A Break.

Enjoy Some..Ice cream/Chocolates/Candy/ Cake...

Why...? B'Coz...: STRESSED backwards spelling is DESSERTS...!!

Enjoy...!

Very Beautiful lines Pls Store it.

ONE Good FRIEND is equal to ONE Good Medicine...!

Likewise ONE Good Group is equal to ONE Full medical store...!!

Six Best Doctors in the World....:

- 1.Sunlight,
- 2.Rest,
- 3.Exercise,
- 4.Diet,
- 5.Self Confidence &
- 6.Friends

Maintain them in all stages of Life and enjoy healthy life...!

If you see the Moon...You see the Beauty of God.....!

If you see the Sun...! You see the power of God....

And....If you see the Mirror, You see the Best Creation of GOD...!

So, Believe in YOURSELF. We all are Tourists & God is our Travel Agent

Who has already fixed all our Routes, Reservations & Destinations

So....Trust him & Enjoy the 'Trip' called LIFE...!!

Life will never come Again..!! Live Today..!

—Charlie Chaplin

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*

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

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

Stop letting your potential go to waste because you don't feel confident or ready enough. People with half your talent are making serious waves while you're still waiting to feel ready.

—Internet Meme

You either get bitter or you get better. It's that simple. You either take what has been dealt to you and allow it to make you a better person, or you allow it to tear you down. The choice does not belong to fate, it belongs to you.

—Internet Meme

If you had \$86,400 in your bank account and someone stole \$10 from you, would you be upset and throw the remaining amount \$86,390 away? No. See, we have 86,400 seconds each day. Don't let a negative 10 seconds ruin your day.

—Internet Meme

You'll face rejection from many places in this world, but the mirror shouldn't be one of them. There will be a lot of people who won't believe in your potential, and you must not be one of them.

—Internet Meme

You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you.

—Alexander Den Heijer

Inspiration usually comes during work, rather than before it.

— Madeline L'Engle

The story goes that a man was upset with his three-year-old daughter for wasting a roll of wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree. Nevertheless, the little girl brought the gift to her father and said, 'This is for you, Daddy.'

He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty. He yelled at her, 'Don't you know that when you give a present there's supposed to be something inside it?'

The little girl looked up at him with tears in her eyes and said, 'Oh, Daddy, it's not empty. I blew kisses into the box. All for you, Daddy.'

The father was crushed. He put his arms around his little girl, and begged for forgiveness. It is told that the man kept that box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

—Internet Meme

When life throws you a rainy day, play in the puddles.

—Winnie the Pooh

My doctors told me I would never walk again. My mother told me I would. I believed my mother.

—Wilma Rudolph,
Three-Time Gold
Medalist About an
Illness as a Child

Lincoln was great, not because he was born in a log cabin, but because he was able to get out of it.

—Hanock McCarty

If my mind can conceive it, and my heart can believe it, I know I can achieve it.

—Muhammad Ali

Our chief want is someone who will inspire us to be what we know we can be.

—Ralph Waldo Emerson

Once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack.

—Germany Kent

I hope there are days when your coffee tastes like magic, your playlist makes you dance, strangers make you smile, and the night sky touches your soul. I hope you fall in love with being alive again.

—Brooke Hampton

To inspire people, don't show them your super powers. Show them theirs.

—Internet Meme

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

—Karen Salmansohn

When asked if my cup is half-full or half-empty, my only response is that I am thankful I have a cup.

—Sam Lefkowitz

ADVICE FROM A TREE

- Stand tall and proud
- Go out on a limb
- Remember your roots
- Drink plenty of water
- Be content with your natural beauty

Enjoy the view

—Internet Meme

A person's most beautiful asset is not a head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help others.

—Internet Meme

I am just so grateful, this very moment, to have a roof over my head, food to eat, clean clothes to wear, a warm bed to sleep in, drinkable running water, electricity... We take so much for granted when there is so much to be grateful for.

—François Lange

Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

—Andy Rooney

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

No matter how hard your life is, go to bed grateful you still have one.

—Internet Meme

Perhaps the butterfly is proof that you can go through a great deal of darkness yet still become something beautiful.

—Beau Taplin

If people stopped looking for things that offended them and started looking for things that inspired them, what a wonderful world this would be.

—Internet Meme

Just because I laugh a lot, doesn't mean my life is easy. Just because I have a smile on my face everyday, doesn't mean that something is not bothering me. I just choose to move on, and not dwell on all the negatives in my life. Every new moment gives me the chance to renew anew. I choose to be that.

—<https://www.dailyinspirationalquotes.in>

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

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

—Johnny Depp

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 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

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

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

--Roger W. Babson

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

--Charles A. Beard

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

--Chinese Proverb

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 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 sere 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

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

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

—Unknown

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

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

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

No matter what your past has been, your future is spotless.

--Hugh B. Brown

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

--Brian Weiner

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

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—s 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)

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

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

—Unknown

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

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

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*

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

—Steve Maraboli

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

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

—W. Clement Stone

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

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

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

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

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

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

—Judy Collins

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

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

—Ana Monnar

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

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

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

—H. G. Wells

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

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*

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

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

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*

Go 24 hours without complaining (not even once). Then watch how your life starts changing.

—Katarina Mayer

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

—Internet Meme

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

—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 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

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*

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

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

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

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

—Tiffany Alvord

There is always, always, always, something to be grateful for.

—Rhonda Byrne

Enthusiasm is contagious. Be a carrier.

—Susan Rabin

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

'You will never have to live this day again.' This was said on my very first memorably bad day, coming home from school and unable to stop sobbing. I reuse it whenever I'm trying to console someone after specific pains.

—*BuzzFeed.com*

Life can be difficult if all you see is everything that's wrong. Start focusing on what's right, what's good, what's constructive. No matter what you're facing, if you choose a positive mindset, you'll emerge the winner. So if you want to feel better, you've got to think better!

—Mufti Menk

So today I stopped and filled up my car and I was thankful—thankful that I have a car, thankful I have money to buy gas! Thankful that there are no war planes flying over me. Thankful that I will be eating soon! Thankful that all of my loved ones are safe and sound. Thankful that I live in a country where I have the freedom to do so many things. Thankful that the air I breathe is not filled with smoke and gunpowder. Thankful that I will sleep in silence and wake up to a beautiful day. I think it's time that we all be a lot more thankful and definitely more grateful.

—Internet Meme

Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety.

Finish every 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, with too high a spirit to be cumbered with your old nonsense.

This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays.

—Ralph Waldo Emerson

Stay close to people who feel like sunshine.

—Internet Meme

When you can't find the sunshine, be the sunshine.

—Internet Meme

When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love.

—Marcus Aurelius

Inspiration does exist, but it must find you working.

—Pablo Picasso

Don't look at your feet to see if you are doing it right. Just dance.

—Anne Lamott

If you are out there and you are being really hard on yourself right now for something that has happened ... it's normal. That is what is going to happen to you in life. No one gets through unscathed. We are all going to have a few scratches on us. Please be kind to yourselves and stand up for yourself, please.

—Taylor Swift

I am experienced enough to do this. I am knowledgeable enough to do this. I am prepared enough to do this. I am mature enough to do this. I am brave enough to do this.

—Alexandria Ocasio-Cortez

Belief creates the actual fact.

—William James

Be courageous. Challenge orthodoxy. Stand up for what you believe in. When you are in your rocking chair talking to your grandchildren many years from now, be sure you have a good story to tell.

—Amal Clooney

No matter what people tell you, words and ideas can change the world.

—Robin Williams as
John
Keating in *Dead
Poets Society*

All you need is the plan, the road map, and the courage to press on to your destination.

—Earl Nightingale

The sun always comes out after the storm. Being optimistic and surrounding yourself with positive loving people is for me, living life on the sunny side of the street.

—Janice Dean

You must find the place inside yourself where nothing is impossible.

—Deepak Chopra

I told my friend that I'm emotionally 'hitting a wall' and she said 'Sometimes walls are there so we can lean on them and rest.' I can't even begin to express how much I needed to hear that.

—Brandon Kyle
Goodman

If you have food in your fridge, clothes on your body, a roof over your head and a place to sleep, you're richer than 75% of the entire world.

If you have money in your wallet, a little change, and can go anywhere you want, you are among the 18% of the world's wealthy people.

If you are alive today with more health than illness, you are more blessed than the million people who will not survive this week and die.

If you can actually 'READ' this message and understand it, you are more fortunate than the 3 billion people in the world who cannot see, cannot read or suffer mental retardation.

Life is not about complaining pain and sorrows. It's about a thousand other reasons to be grateful and happy.

—Internet Meme

Stay close to people that make you feel like it's good to be yourself.

—Internet Meme

You can make positive deposits in your own economy every day by reading and listening to powerful, positive, life-changing content and by associating with encouraging and hope-building people.

—Zig Ziglar

What are the things that you can't see that are important? I would say justice, truth, humility, service, compassion, love. You can't see any of those, but they're the guiding lights of a life.

—Jimmy Carter

You're so hard on yourself. But remember, everybody has a chapter they don't read out loud. Take a moment. Sit back. Marvel at your life; at the mistakes that gave you wisdom, at the suffering that gave you strength. Despite everything, you still move forward, be proud of this. Continue to endure. Continue to persevere. And remember, no matter how dark it gets, the sun will rise again.

—<https://americasbestpics.com>

If you have a family that loves you, a few good friends, food on your table and a roof over your head. You are richer than you think.

—<https://americasbestpics.com>

Be silly. Be fun.

Be different. Be crazy.

Be you.

Because life is too
short to be anything
but happy!

—<https://www.dailyinspirationalquotes.in>

When our time on earth is done, money or material things will not matter. But the love, time and kindness we have given others will shine.

—<https://americasbestpics.com>

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.

—Unknown

‘Follow your passion?’ No.

Follow your effort. No one quits anything they’re good at. While passion can spark effort, the reverse is more often true. Effort, and the improvement that results, creates passion. Do something poorly? You probably dread doing it. Do something well? You enjoy it—and the better you get, the more you like doing it....There are a lot of things I am passionate about. (But) the things I ended up being really good at were the things I found myself putting effort into. A lot of people talk about passion, but that’s really not what you need to focus on....When you look at where you put in your time, where you put in your effort, that tends to be the things that you are good at. And if you put in enough time, you tend to get really good at it.

If you put in enough time, and you get really good, I will give you a little secret: Nobody quits anything they are good at, because it is fun to be good. It is fun to be one of the best.

—Mark Cuban

How cool is it that the same God that created mountains and oceans and galaxies looked at you and thought the world needed one of you too?

—Unknown

My generation fought very hard for feminism, and we fought very hard to not be labeled as you had to have a husband or you had to be in a relationship, or you were somehow not a cool chick. And now I am seeing that start to come around again, where people say to you, ‘Well, what do you mean, you don’t have a boyfriend? You don’t want to have one? You don’t want to be married?’ And you’re like, ‘Well, no, I don’t, actually. I’m fine.’ And they find a lot of reasons why you’re not fine. But it just seems to be coming back. Being able to take care of myself is something that my mom really instilled in me. I can remember her always saying, ‘If nothing else, I will teach you to be independent.’

—Stevie Nicks

By looking on the bright side, we’ll activate enthusiasm and turn on the go system.

—Adam Grant

The butterfly does not look back at the caterpillar in shame, just as you should not look back at your past in shame. Your past was part of your own transformation.

—Anthony Gucciardi

People do not decide their futures; they decide their habits and their habits decide their futures.

—F. M. Alexander

My goal is not to be better than anyone else, but to be better than I used to be.
—Wayne W. Dyer

The difference between try and triumph is a little *umph*.
—Marvin Phillips

No matter how you feel, get up, dress up and show up.
—Regina Brett

The only times you should ever look back is to see how far you've come.
—Mick Kremling

Every student can learn just not on the same day or in the same way.
—George Evans

I am enough of a realist to understand that I can't reach every child, but I am more of an optimist to get up every morning and try.
—Preston Morgan

A teacher takes a hand, opens a mind and touches a head.
—www.MyQuotesGarden.com

A teacher ignites the fire that fuels a student's thirst for knowledge, curiosity and wisdom.
—Internet Meme

When educating the minds of our youth, we must not forget to educate their hearts.
—Dalai Lama

If you can lie down at night knowing in your heart that you made someone's day just a little bit better, you know you had a good day.
—<https://tinybuddha.com>

We should be lifting each other up and cheering each other on, not trying to outshine one another. The sky would be awfully dark with just one star.
—<https://www.all-greatquotes.com>

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

Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are.

—Martin Luther King Jr.

In the last months of her life, my mother-in-law dwelled in a hospital bed in our house. It took all of her strength to get down our steps, walk around the block, and get back to the front door. As we inched down the sidewalk, she pointed out every flower, the pattern in paving stones, the various shades of the trees and bushes. I had never seen my neighborhood like this. At first, I was infuriated by our pace. She would stop often, not because she was short of breath, but to examine the texture of a flower. It's hard to give ourselves even 15 minutes of the day. It means overcoming the nagging distraction of our many pressures and aims. My mother-in-law reminded me of the patient momentum of looking and really seeing, turning an ordinary walk into gladness for continuing to be among the living.

--Wendy Lustbader

IF I HAD MY LIFE TO LIVE OVER

(Written after Erma Bombeck found out she was dying from cancer.)

I would have gone to bed when I was sick instead of pretending the earth would go into a holding pattern if I weren't there for the day.

I would have burned the pink candle sculpted like a rose before it melted in storage.

I would have talked less and listened more.

I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.

I would have eaten the popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace.

I would have taken the time to listen to my grandfather ramble about his youth.

I would have shared more of the responsibility carried by my husband.

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.

I would have sat on the lawn with my grass stains.

I would have cried and laughed less while watching television and more while watching life.

I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.

Instead of wishing away nine months of pregnancy, I'd have cherished every moment and realized that the wonderment growing inside me was the only chance in life to assist God in a miracle.

When my kids kissed me impetuously, I would never have said, 'Later. Now go get washed up for dinner.' There would have been more 'I love you's.' More 'I'm sorry's.'

But mostly, given another shot at life, I would seize every minute...look at it and really see it ... live it...and never give it back. Stop sweating the small stuff.

Don't worry about who doesn't like you, who has more, or who's doing what.

Instead, let's cherish the relationships we have with those who do love us.

Let's think about what God HAS blessed us with. And what we are doing each day to promote ourselves mentally, physically, emotionally, as we only have one shot at this and then it's gone. I hope you all have a blessed day.

--Erma Bombeck

Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

—Sukhraj S. Dhillon

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

--Victor Frankl

Never be defined by your past. It was a lesson, not a life sentence.

—facebook.com/Lifebooks

It's your attitude not your aptitude that determines your altitude!

--Zig Ziglar

Giuseppe Paterno, a 93-year-old Italian man always wanted to go to college. He'd always love to read. But he came from a poor family and had to quit school in the eighth grade. He spent his career as a surveyor for the Italian railroad and got married and helped raise two children. Then, he got his high school diploma, and he wanted to go to college in philosophy and history. He applied to the *University of Palermo* and was accepted at age 93. Early on, he faltered: everyone was so much younger. He went to a dean to question this big move, and, crucially, this dean encouraged him. Before long, he felt perfectly comfortable, the other students accepted him and he them. He graduated at the top of his class at age 97 and planned to go on for a master's degree. Talk about courage.

—Priscilla Long

The French Impressionist painter Renoir was severely disabled with rheumatoid arthritis for the last 30 years of his life. Yet he kept on painting.

—Priscilla Long

To generate a handful of masterworks, Mozart composed more than 600 pieces before his death at thirty-five, Beethoven produced 650 in his lifetime, and Bach wrote over a thousand.

—Adam M. Grant

Spent 7 years in Special ed., graduating with 1.8 GPA. A teacher said I wasn't going to college. Now I'm a VCU grad & best-selling author.

—Ronnie Sidney, II

She (Eileen Canney) was just 13 years old that day, and a good softball pitcher. When that late-inning ground ball bounced toward the mound, she fielded it handily, then overthrew first base. The batter just kept running, running all the way home.

'I basically lost the game for our team....It hit me so hard. I let everyone down.'
She would grow up to...play softball professionally in the United States and Japan and win three gold medals with the USA National team....She talks...about...recognizing that...perfection is 'not reality.'

—Skip Myslenski

Like a wild animal, the soul is tough, resilient, resourceful, savvy, and self-sufficient: it knows how to survive in hard places. I learned about these qualities during my bouts with depression. In that deadly darkness, the faculties I had always depended on collapsed. My intellect was useless; my emotions were dead; my will was impotent; my ego was shattered. But from time to time, deep in the thickets of my inner wilderness, I could sense the presence of something that knew how to stay alive even when the rest of me wanted to die. That something was my tough and tenacious soul.

—Parker J. Palmer

Got a 2.4 GPA my first semester in college. Thought maybe I wasn't cut out for engineering. Today I've landed two spacecraft on Mars, and designing one for the moon. STEM is hard for everyone. Grades ultimately aren't what matters. Curiosity and persistence matter.

—Ben Cichy

A young man was desperate to find the secret of becoming a success. After hearing about a wise old Indian, he decided to visit him and ask his advice. Upon finding the sage, the young man explained his dilemma and asked the elderly pundit for an answer to his question, 'What is the secret of Success?' The wise old Indian didn't say anything; he merely took the young man down to the river and into the water. There he shoved the young man's head under the water and held him down. Soon it was obvious the young man was greatly distressed, thrashing his arms above the water and trying to escape the old man's powerful grip. This went on for some time; then the old Indian finally released his subject, whereupon the young man shot to the surface, gasping for air. After he had caught his breath and calmed down, the young man, in shock asked, 'What the heck did you do that for?' The wise old Indian then said, "My son, it is simple. When you want success as much as you wanted that breath of air, then you shall have it!" The secret is desire—single, focused desire.

—Tony Jeary and John
Davis

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

At 23...

J. K. Rowling was broke.

Tina Fey was working at the YMCA.

Oprah had just been fired as a TV reporter.

Walt Disney had just declared bankruptcy.

It's okay if you feel lost.

Just don't give up.

—Internet Meme

Helen Keller became deaf, dumb, and blind shortly after birth. Despite her greatest misfortune, she has written her name indelibly in the pages of the history of the great. Her entire life has served as evidence that no one is ever defeated until defeat has been accepted as reality.

—Napoleon Hill

When Thomas Edison invented the light bulb, he tried over 2000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, 'I never failed once. I invented the light bulb. It just happened to be a 2000-step process.'

—Phil Barton

Real leaders are ordinary people with extraordinary determination.

--John C. Maxwell

I am not a product of my circumstances. I am a product of my decisions.

—Stephen Covey

Most of life is routine—dull and grubby, but routine is the momentum that keeps a man going. If you wait for inspiration you'll be standing on the corner after the parade is a mile down the street.

—Ben Nicholas

There is really no insurmountable barrier save your own inherent weakness of purpose.

--Ralph Waldo Emerson

It is not your environment, it is you—the quality of your minds, the integrity of your souls and the determination of your will that will decide your future and shape your lives.

--Benjamin E. Mays

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

--Thomas Edison

Stopping at third base adds no more to the score than striking out.

—American Proverb

When a distinguished but elderly scientist states that something is possible, he is almost certainly right. When he states that something is impossible, he is very probably wrong.

--Arthur C. Clarke

You can see things, and you say, 'Why?' but I see things that never were and I say, 'Why not?'

--George Bernard Shaw

Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity.

--Louis Pasteur

With ordinary talent and extraordinary perseverance, all things are attainable.

--T. F. Buxton

R. H. Macy failed seven times before his store in New York caught on.

Novelist John Creasey got 753 rejection slips before he published the first of his 564 books.

Thomas Edison was thrown out of school in the early grades when the teachers decided he could not do the work.

Harry S. Truman failed as a haberdasher.

When Bob Dylan performed at a high school talent show, his classmates booed him off the stage.

W. Clement Stone, successful insurance company executive and founder of *Success* magazine, was a high school dropout.

--Joe Griffith

When you come to the end of your rope, tie a knot and hang on.

--Franklin D. Roosevelt

As long as you feel pain, you're still alive. As long as you make mistakes, you're still human. And as long as you keep trying, there's still hope.

—Susan Gale

The value of courage, persistence, and perseverance has rarely been illustrated more convincingly than in the life story of this man (his age appears in the column on the right):

Failed in business	22
Ran for Legislature—defeated	23
Again failed in business	24
Elected to Legislature	25
Sweetheart died	26
Had a nervous breakdown	27
Defeated for Speaker	29
Defeated for Elector	31
Defeated for Congress	34
Elected to Congress	37
Defeated for Congress	39
Defeated for Senate	46
Defeated for Vice President	47
Defeated for Senate	49
Elected President of the United States	51

That's the record of Abraham Lincoln.

--Unknown

Sometimes life gives us a cold and rainy day. So wear cute boots and remember to play!

—*KatrinaMayer.com*

At the end of each day tally up your successes, not your struggles.

—Internet Meme

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.

—William E. Channing

Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths, instead of your weaknesses...on your powers, instead of your problems.

—Paul J. Meyer

Empty pockets never held anyone back. Only empty heads and empty hearts can do that.

—Norman Vincent Peale

When people undermine your dreams, predict your doom, or criticize you remember, they're telling you their story, not yours.

—Cynthia Ocelli

There is only one thing that makes a dream impossible to achieve: the fear of failure.

—Paulo Coelho

Your dream doesn't have an expiration date. Take a deep breath and try again.

—K. T. Witten

Winners are not afraid of losing. But losers are.

—Robert Kiyosaki

Please remember your 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 sick.

Beautiful things happen

When you distance yourself from negativity.

Find something to be grateful for.

—Internet Meme

I am happy to be me. I may not be perfect but I am honest, loving and happy. I never try to be anything that I'm not and I am not here to impress anyone else.

—*themotivationhotel.com*

You are the determining factor in your future. Don't let others be your judge and jury with their pity and negative thoughts or feeling. Know that you are here for a reason. Recognize, develop, and use the resources you do have. Others see the surface; you know your heart.

—Zig Ziglar



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