

Expectation

“There are far, far better things ahead than any we leave behind.” -C.S. Lewis

“Believe you can and you're halfway there.” -Theodore Roosevelt

“Adopt the pace of nature: her secret is patience.” -Ralph Waldo Emerson

“I never had a policy; I have just tried to do my very best each and every day.” -Abraham Lincoln

“Saying someone is ugly doesn't make you any prettier.” -Unknown

“The positive thinker sees the invisible, feels the intangible, and achieves the impossible.” -Winston Churchill

“When you look at a person, any person, remember that everyone has a story. Everyone has gone through something that has changed them.” -Unknown

“Hardships often prepare ordinary people for an extraordinary destiny.” -C.S. Lewis

“A day without laughter is a day wasted.” -Charles Chaplin

“The only way to have a friend is to be one.” -Ralph Waldo Emerson

“Anyone can hide. Facing up to things, working through them, that's what makes you strong.” -Sarah Dessen

“If you judge people, you have no time to love them.” -Mother Teresa

“Don't overlook life's small joys while searching for the big ones.” -H. Jackson Brown, Jr.

“If it means something, take it to heart. If it means nothing, it's nothing. Let it go.” -Philippa Gregory

“No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself.” -Madonna

“Minds are like parachutes. They only function when open.” -Thomas Dewar

“Strength does not come from physical capacity. It comes from an indomitable will.” -Mohandas Gandhi

Exploration

"Decide that you want it more than you are afraid of it." -Bill Cosby

"Comparison is the thief of joy."
-Theodore Roosevelt

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."
-Martin Luther King, Jr.

"It takes courage to grow up and become who you truly are." -E.E. Cummings

"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

"Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway." -Earl Nightingale

"Your present circumstances don't determine where you can go; they merely determine where you start."
-Nido Qubein

"I can choose to let it define me, confine me, refine me, outshine me, or I can choose to move on and leave it behind me." -Unknown

"What may look like a small act of courage is courage nevertheless. The important thing is to be willing to take a step forward." -Dr. Daisaku Ikeda

"Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong"
-Mandy Hale

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." -Anais Nin

"When we are no longer able to change a situation, we are challenged to change ourselves." -Viktor E. Frankl

"When I let go of what I am, I become what I might be." -Lao Tzu

"If it doesn't challenge you it won't change you." -Unknown

"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore." -C. JoyBell C.

"As my sufferings mounted I soon realized that there were two ways in which I could respond to my situation -- either to react with bitterness or

seek to transform the suffering into a creative force. I decided to follow the latter course." -Martin Luther King Jr.

"Love isn't a state of perfect caring. It is an active noun like struggle. To love someone is to strive to accept that person exactly the way he or she is, right here and now." -Fred Rogers

"You miss 100% of the shots you don't take." -Wayne Gretzky

"Feelings are like colors. There's an array of them. Not a right one or a wrong one." -Unknown

"A ship in the harbor is safe, but that is not what ships are built for."
-John A. Shedd

Insight

"We can't solve problems by using the same kind of thinking we used when we created them." -Albert Einstein

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." -Frank Outlaw

"No one has ever become poor by giving." -Anne Frank

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."
-Melody Beattie

"What we see depends mainly on what we look for." -John Lubbock

"It's not the load that breaks you down, it's the way you carry it."
-Lou Holtz

"What we focus on expands."
-Unknown

"Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to

know when to let go and then do it."
-Ann Landers

"Alone we can do so little; together we can do so much" -Helen Keller

"People are screwed up in this world. I'd rather be with someone screwed up and open about it than somebody perfect and ready to explode."
-Ned Vizzini

"How does one become a butterfly?" she asked. "You must want to fly so much that you are willing to give up being a caterpillar." -Trina Paulus

"Your fears are not walls, but hurdles. Courage is not the absence of fear but the conquering of it." -Dan Millman

"Whether you think you can or you think you can't, you are right"
-Henry Ford

"Loyalty to a petrified opinion never yet broke a chain or freed a human soul." -Mark Twain

"An obstacle is often a stepping stone."
-Prescott

"No one can make you feel inferior without your consent."
-Eleanor Roosevelt

"Insanity is doing the same thing, over and over again, but expecting different results." -Narcotics Anonymous

“Luck is a dividend of sweat. The more you sweat, the luckier you get.”

-Ray Kroc

“I haven’t failed. I’ve just found 10,000 ways that won’t work.”

-Thomas Edison

For what it’s worth: it’s never too late or, in my case, too early to be whoever you want to be. There’s no time limit, stop whenever you want. You can change or stay the same, there are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. And I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people with a different point of view. I hope you live a life you’re proud of. If you find that you’re not, I hope you have the courage to start all over again.” -Eric Roth

Integrity

"Act as if what you do makes a difference. It does." -William James

"The more you love your decisions the less you need others to love them."
-Unknown

"If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person."
-Fred Rogers

"Integrity is doing the right thing, even when no one is watching." -C.S. Lewis

"A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."
-Roald Dahl

"There is no better test of a man's integrity than his behavior when he is wrong." -Marvin Williams

"It is not only for what we do that we are held responsible, but also for what we do not do." -Moliere

"The smallest act of kindness is worth more than the grandest intention."
-Oscar Wilde

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." -William James

"Men should be what they seem."
-William Shakespeare

"People may not remember exactly what you did, or what you said, but they will always remember how you made them feel." -Maya Angelou

"An eye for an eye only ends up making the whole world blind."
-Mohandas Gandhi

"What you do speaks so loudly that I cannot hear what you say."
-Ralph Waldo Emerson

"Greatness lies, not in being strong, but in the right using of strength; and strength is not used rightly when it serves only to carry a man above his fellows for his own solitary glory. He is the greatest whose strength carries up the most hearts by the attraction of his own."
-Henry Ward Beecher

"Those who stand for nothing fall for anything." -Alexander Hamilton

“Far better is it to dare mighty things,
to win glorious triumphs, even though
checkered by failure... than to rank
with those poor spirits who neither
enjoy nor suffer much, because they
live in a gray twilight that knows not
victory nor defeat.”

-Theodore Roosevelt

“Stand up for what you believe in,
even if it means standing alone.”

-Unknown

“Often people attempt to live their
lives backwards, they try to have more
things or more money in order to do
more of what they want so that they
will be happier. The way it actually
works is the reverse. You must first be
who you really are then do what you
need to do in order to have what you
want.” -Margaret Young

“Great minds discuss ideas; average
minds discuss events; small minds
discuss people.” -Eleanor Roosevelt

“The true measure of a man is how he
treats someone who can do him
absolutely no good.” -Samuel Johnson

Interdependence

"Often when you think you're at the end of something, you're at the beginning of something else."

-Fred Rogers

"People are made to be loved and things are made to be used. The confusion in this world is that people are being used and things are being loved." -Unknown

"Self-acceptance comes from meeting life's challenges vigorously. Don't numb yourself to your trials and difficulties, nor build mental walls to exclude pain from your life. You will find peace not by trying to escape your problems, but by confronting them courageously. You will find peace not in denial, but in victory."

-J. Donald Walters

"The only time you can't afford to fail is the last time you try."

-Charles Kettering

"It doesn't matter if you're on the right track—you'll still get run over if you don't keep moving." -Unknown

"It's not hard to make decisions once you know what your values are."

-Roy E. Disney

"I don't want to get to the end of my life and find that I just lived the length

of it. I want to have lived the width of it as well." -Diane Ackerman

"Success is the sum of small efforts, repeated day in and day out."

-Robert Collier

"If you're in a boat without a paddle, then get out and swim."

-Katherine Brandt

"Live as if you were to die tomorrow. Learn as if you were to live forever."

-Mohandas Gandhi

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

-Henry Stanley Haskins

"Life is 10% what happens to me and 90% how I react to it."

-Charles R. Swindoll

"To avoid criticism, say nothing, do nothing, be nothing." -Fred Shero

"Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson

"If you cannot do great things, do small things in a great way."

-Napoleon Hill

"The best things in life are never rationed. Friendship, loyalty, love do

not require coupons.”

–George T. Hewitt

“It is always harder to swim against the current, but it makes you stronger.” –Lila Gasink

“Be yourself. Everyone else is taken.”

–Oscar Wilde

“The chief cause of failure and
unhappiness is trading what you want
most for what you want right now”
-Zig Ziglar

“I have a choice: Do I want to align
with the greatest vision of myself, or
do I want to align with my excuses?”
-Debbie Ford