

Individuality

“Always be a first-rate version of yourself, instead of a second-rate version of somebody else.”

-Judy Garland

Perspective

“Only as high as I reach can I grow, only as far as I seek can I go, only as deep as I look can I see, only as much as I dream can I be.” -Karen Ravn

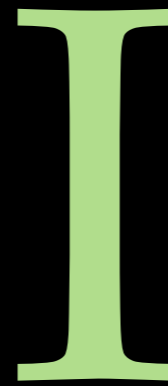
Alive

“Don’t ask what the world needs. Ask what makes you come **alive**, and go do it. Because what the world needs is people who have come **alive**.”

-Howard Thurman

Choice

“To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there.” -Kofi Annan



Gratitude

“When you are grateful, fear disappears and abundance appears.” -Anthony Robbins

Happiness

“The good life, as I conceive it, is a happy life. I do not mean that if you are good you will be happy; I mean that if you are happy you will be good.” -Bertrand Russell

Passion

“There are many things that will capture your eye but very few will capture your heart. These are the things to pursue. These are the ones worth keeping.”

-Unknown

Action

“Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference--in our own lives and those of others.” -Sharon Salzberg

Courage

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.” -Winston Churchill

Gentle

“A gentle word, a kind look, a good-natured smile can work wonders and accomplish miracles.” -William Haslitt

Patience

“A man who is a master of patience is a master of everything else.” -George Saville

Responsible

“Don’t rely on someone else for your happiness and self worth. Only you can be responsible for that. If you can’t love and respect yourself-no one else will be able to make that happen.” -Stacey Charter

LOVE

Wisdom

“Those who know others are intelligent; Those who know themselves are truly wise. Those who master others are strong; Those who master themselves have true power.” -Lao Tzu

Dignity

“Never take a person’s dignity: it is everything to them, and nothing to you.” -Frank Barron

Respect

“Men are respectable only as they respect.” -Ralph Waldo Emerson

Kindness

“Never look down on anybody unless you’re helping him get up.” -Jesse Jackson

Genuineness

“Learn to be quiet enough to hear the genuine within yourself so that you can hear it in others.” -Marian Wright Edelman

Compassion

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” -Dalai Lama

Love

“The most important thing in life is to learn how to give out love, and to let it come in.” -Morrie Schwartz

Understanding

“Only the development of compassion and understanding for others can bring us the tranquility and happiness we seek.” -Dalai Lama XIV

Vulnerability

“In the beginning, people think vulnerability will make you weak, but it does the opposite. It shows you’re strong enough to care.” -Victoria Pratt

Courage

“It takes more courage to reveal insecurities than to hide them, more strength to relate to people than to dominate them, more ‘manhood’ to abide by thought-out principles than blind reflex. Toughness is in the soul and spirit, not in muscles and an immature mind.” -Alex Karras

CONNECTION

Curiosity

“We keep moving forward, opening new doors, and doing new things, because we’re curious and curiosity keeps leading us down new paths.” -Walt Disney

Humility

“Pride makes us artificial, humility makes us real.” -Thomas Merton

Strength

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Wisdom

“Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.” -Sandra Carey

S e l f - Confidence

“If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.” -Marcus Garvey

Boldness

“Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it.”
-W. H. Murray

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COURAGE

Guts

“Anybody with a little guts and the desire to apply himself can make it, he can make anything he wants to make of himself.”
-Willie Shoemaker

Character

“Only a man’s character is the real criterion of worth.” -Eleanor Roosevelt

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Authentic

“There comes a time when you have to stand up and shout: This is me damn it! I look the way I look, think the way I think, feel the way I feel, love the way I love! I am a whole complex package. Take me...or leave me. Accept me-or walk away! Do not try to make me feel like less of a person, just because I don't fit your idea of who I should be and don't try to change me to fit your mold. If I need to change, I alone will make that decision. When you are strong enough to love yourself 100%, good and bad-you will be amazed at the opportunities that life presents you.”-Stacey Charter

CURIOUS

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understanding

“Seek first to understand, then to be understood.” -Stephen R. Covey

BE

Loving

“I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love.” -Mother Theresa

caring

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” -Leo F. Buscaglia

Intentional

“Watch your thoughts, for they become words. Watch your words, for they become actions. Watch your actions, for they become habits. Watch your habits, for they become character. Watch your character, for it becomes your destiny.” -Unknown

confident

“You are the only person on earth who can use your ability.” -Zig Ziglar