



Activity Sheet – Activity #13A “Get the Picture” Daily Quotes

When you dream, never read from the right side of the menu. - Anonymous

Nothing is too good to be true. - Oprah

The happiness of your life depends upon the quality of your thoughts. - Marcus Aurelius

The greatest discovery of my generation is that by changing the inner attitudes of our minds, we can change the outer aspects of our lives. - William James

Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate and disappear. - Dr. Deepak Chopra

Go confidently in the direction of your dreams. Live the life you've imagined. - Thoreau

Don't just think it, INK it! - Zig Ziglar

Imagination is more important than knowledge. - Albert Einstein

If a man does not know to what port he is steering, no wind is favorable to him. - Seneca

You can often measure a person by the size of his dream. - Robert H. Schuller

Your own resolution to succeed is more important than any one thing. - Abraham Lincoln

Stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. - Norman Vincent Peale

Ask for what you want and be prepared to get it. - Maya Angelou

Our belief at the beginning of an undertaking is the one thing that ensures the successful outcome of our venture - William James, father of modern psychology

I won Mr. Universe because I saw myself so clearly, being up there on the stage and winning. - Arnold Schwarzenegger

As long as you're going to think anyway, think big. - Donald Trump

If you think you can or if you think you can't, either way, you're right. - Henry Ford

Stay away from people who belittle your aspirations. Small people do that. But the truly great people in the world will make you believe that you, too, can one day become great. - Mark Twain

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

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly. - Langston Hughes

To believe yourself brave is to be brave; it is the only essential thing. - Mark Twain



Activity Sheet – Activity #20A Risk Daily Quotes

it takes courage to grow up and turn out to be who you really are. - E. E. Cummings

Conformity is the jailer of freedom and the enemy of growth. - John F. Kennedy

If you do what you've always done, you'll get what you've always gotten! - Anonymous

Life is either a daring adventure or nothing. - Helen Keller

Success is the ability to go from one failure to another with no loss of enthusiasm.
- Winston Churchill

To believe yourself brave is to be brave; it is the only essential thing. - Mark Twain

The brave may not live forever, but the cowardly do not live at all. - Anonymous

The reward for conformity is that everyone likes you except yourself. - Rita Mae Brown

Work like you didn't need the money; dance like no one is watching; love like you've never been hurt. - Anonymous

It is not because things are difficult that we do not dare. It is because we do not dare that things are difficult. - Seneca

If I have 1,000 ideas and only one turns out to be good, I am satisfied. - Alfred Nobel

To have what you've never had, you have to do what you've never done. - Shannon Hegarty

Well-behaved women seldom make history. - Anonymous

Courage is the price that Life extracts for granting peace.
The soul that knows it not, knows no release from little things;
Knows not the livid loneliness of fear,
Nor mountain height where bitter joy can hear the sound of wings.
- Amelia Earhart

A new idea is first condemned as ridiculous and then dismissed as trivial, until finally it becomes what everybody knows. - William James

A hero feels the fear and does it anyway. - Susan Jeffers

Those who say it cannot be done should not interrupt the person doing it. - Chinese Proverb

Two roads diverged in a wood, and I... I took the one less traveled by, and that has made all the difference. - Robert Frost

Do one thing every day that scares you. Run to your dreams. - Eleanor Roosevelt

Don't be afraid to go out on a limb. That's where the fruit is. - H. Jackson Browne

Only those who risk going too far can possibly find out how far one can go. - T.S. Eliot



Activity Sheet – Activity #28A

Full Responsibility Daily Quotes

Life is 10% what you're given and 90% what you do with it. - Charles Swindoll

Try? There is no try. There is only do or do not. – Yoda (from the original *Star Wars*)

It is not easy to find happiness in ourselves, and it is impossible to find it elsewhere.
- Agnes Repplier

If you put a small value upon yourself, rest assured the world will not raise your price. - Anon

People are always blaming their circumstances. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them. - George Bernard Shaw

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

Life is a mirror and will reflect back to the thinker what he thinks. - Ernest Holmes

The truth that you are in charge of your life will set you free only after it really irritates you.
- Sky St. John

Please do your own dishes; your mother doesn't work here. - Sign in break room

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

Mind is the Master power that molds & makes,
And Man is Mind & evermore he takes
The tool of Thought, &, shaping what he wills,
Brings forth a thousand joys, a thousand ills --
He thinks in secret, & it comes to pass
Environment is but his looking glass.
- James Allen

What you and I will become in the end will be just more of what we are deciding to be right now.
- John Powell, S. J.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. - Marianne Williamson

Do what you can, with what you have, where you are. - Theodore Roosevelt

No snowflake in an avalanche ever feels responsible. - Voltaire

The world is as we are. - Ayurvedic Saying

Freedom means responsibility. That's why most men dread it. - George Bernard Shaw

Things do not change. We change. - Henry David Thoreau

Criticisms are like homing pigeons; they always return to their source. - Dale Carnegie

Waste no more time talking about great leaders and how they should be. Become one yourself!
- Marcus Aurelius



Activity Sheet – Activity #35 **Feel All Your Feelings Daily Quotes**

Before you can inspire with emotion, you must be swamped with it yourself. Before you can move their tears, your own must flow. - Winston Churchill

To feel is to heal. - AA quote

Give sorrow words. - William Shakespeare

In order to feel good, you have to feel. - MK Mueller

I never work better than when I am inspired by anger; for when I am angry, my whole temperament is quickened, my understanding sharpened, and all temptations depart.
- Martin Luther

He who has no time to mourn has no time to mend. - John Donne

The explosion of rage is never about the match. - MK Mueller

The young man who has not wept is a savage, and the old man who will not laugh is a fool.
- George Santayana

Even the cry from the depths is an affirmation. - Martin Marty

Sometimes my feelings are so hot that I have to take a pen and put them on paper to keep them from setting me afire inside. - Mark Twain

If a person can say, "I don't feel anything," then he has cut off from feeling his own aliveness. This statement is heard from those who are clinically depressed. - Alexander Lowen, M.D.

Mad and sad are two sides of the same coin. We always experience them together.
- John Gray

There is no feeling, except extreme fear and grief that does not find relief in music. - T.S. Eliot

I have always felt sorry for people afraid of feeling, of sentimentality, who are unable to weep with their whole hearts. - Golda Meir

All addictive behaviors are attempts to suppress and avoid feeling what we feel. - John Gray

Feelings only come to pass, never to stay. - Kaylene Smith

No one can make us feel or act a certain way. We make ourselves. - MK Mueller

If you suppress grief too much, it can well redouble. - Moliere

It's what they've been asking us all our lives. How are you *feeling* today? - Dr. John Meister

If you're going through hell, keep going. - Winston Churchill

We must embrace pain and burn it as fuel for our journey. - Kenji Miyazawa

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. - Helen Keller



Activity Sheet – Activity #46A

Honest Communication Daily Quotes

It takes courage to stand up and speak. It also takes courage to sit down and listen.

- Winston Churchill

If you don't ask, you don't get. - Gandhi

What the world needs is a good listening to. - Anonymous

Parents just want teens to talk, and teens just want parents to listen. - MK Mueller

The most called-upon prerequisite of a friend is an accessible ear. - Maya Angelou

Never complain. Never explain. - Katharine Hepburn

I was angry with my friend: I told my wrath, my wrath did end. I was angry with my foe: I told it not, my wrath did grow. - William Blake

Listening is more than not talking. It is the most respectful act we offer another. - Doris Miller

No one ever listened themselves out of a sale, out of a job, or out of a relationship.

- James Winslow

Happiness is when what you think, what you say, and what you do are in harmony. - Gandhi

Honesty is the first chapter of the book of wisdom. - Thomas Jefferson

My wife says I don't listen to her...or something like that. - Bumper Snicker

If honest communication between two people isn't extended to the point of resolution and peace, the energy will appear again as wounding in another relationship. - Marianne Williamson

Most people don't even know what they're feeling, so how can they possibly communicate it effectively? - P. J. Karrington

If others say one thing, but do another, you are lying. You are lying to yourself when you don't listen to their actions. - Don Miguel Ruiz

If you look for the truth outside yourself, it gets further and further away. - Paloma Pelaez

'Always' and 'never' are two words you should always remember never to use.

- Wendell Johnson

A verbal agreement isn't worth the paper it's written on. - Samuel Goldwyn

If you take advice with strings attached it will soon turn into an ad-vise. - MK Mueller

He who dares not offend cannot be honest. - Thomas Payne

Those who think it is permissible to tell white lies soon grow color-blind. - Austin O'Malley

If you tell a big enough lie frequently enough, it will be believed. - Hitler

Integrity is telling myself the truth. Honesty is telling the truth to others. - Spencer Johnson



Instructor's Sheet – Activity #54

Forgiveness of the Past Daily Quotes

Forgiveness is not an occasional act; it is a permanent attitude. - Martin Luther King, Jr.

Doing an injury puts you below your enemy; Revenging one makes you but even with him; Forgiving it sets you above him. - Benjamin Franklin

When we fully forgive, we say, "Thank you for-giving me this lesson, this gift."
- Michael Beckwith

The Forgiveness Test is simple: If you feel compassion for their loss and celebrate their success, you have forgiven them. If you celebrate their loss, you have not. - MK Mueller

Forgiveness is taking back your power. - Dr. Fred Luskin

Bitterness is like cancer. It eats upon the host. But anger and forgiveness are like fire. They burn all clean. - Maya Angelou

When you make it a habit not to take anything personally, your anger, jealousy and envy, even your sadness will simply disappear. - Don Miguel Ruiz

Finish each day and be done with it. You have done what you could. Some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.
- Ralph Waldo Emerson

Pain is required. Suffering is optional. - Anon

If you can't laugh at it, it's not healed. - R. Neville Johnston

The weak can never forgive. Forgiveness is the attribute of the strong. - Gandhi

The secret of a long and happy life is to forgive everything, every night before you go to bed.
- Ann Landers

When you realize you've made a mistake, apologize immediately. It's easier to eat crow while it's still warm. - Dan Heist

You are at the top when you have made friends with your past, you are focused on the present, and optimistic about your future. - Zig Ziglar

Always forgive your enemies. Nothing annoys them so much. - Oscar Wilde

When one door closes, another one opens, but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us. - Alexander Graham Bell

An eye for an eye leaves the whole world blind. - Gandhi

We have seen the enemy, and it is us. - Pogo

Do your best and let go of the rest. - Anon.

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure. - Oprah



Instructor's Sheet – Activity #60

Gratitude for the Present Daily Quotes

You've never met an unhappy person who was grateful, nor have you ever met a happy person who was ungrateful. - Zig Ziglar

Enjoy today: this is not a dress rehearsal. - Refrigerator magnet

Reflect on your present blessings, of which every man has many, not on your past misfortunes, of which all men have some. - Charles Dickens

The best way to appreciate something is to imagine yourself without it. - Oscar Wilde

When you arise, give thanks for the morning light, for your life and strength. Give thanks for your food, and the joy of living. If you see no reason for giving thanks, the fault lies with yourself.
- Tecumseh

Gratitude is not only the greatest of virtues, but the parent of all the others. - Cicero

All who would win joy must share it. Happiness was born a twin. - Lord Byron

It is better to idealize the real than to realize the ideal. - Anonymous

Gratitude unlocks the fullness of life. It can turn a meal into a feast, a house into a home, a stranger into a friend. - Melody Beattie

We are all too blessed to be stressed! - Anonymous

If you're feeling off balance, or like your heart is broken, I guarantee you that keeping a gratitude journal will change your life. I absolutely guarantee it. - Oprah

When a person doesn't have gratitude, something is missing in his or her humanity. A person can almost be defined by his or her attitude toward gratitude. - Elie Wiesel

When one's expectations are reduced to zero, one really appreciates everything.
- Stephen Hawking

Happiness is a present attitude--not a future condition. - Hugh Prather

Don't just think about it, thank about it! - MK Mueller

Success is not the key to happiness; happiness is the key to success. - Albert Schweitzer

Silent gratitude isn't much use to anyone. - Gladys Bronwyn Stern

The greatest good you can do for another is not just share your riches, but reveal to them their own. - Benjamin Disraeli

I check myself constantly for, you know, am I appreciating this? Why not, if I'm not. - Jim Carrey

Research has found that the best way to find more pleasure and meaning in life is to add the practice of tracking gratitude to your daily regimen. - Dr. Martin Seligman

I don't think of all the misery but of the beauty that still remains. - Anne Frank

There are two goals in ones life. One, to get what you want - two, to enjoy it. Only the very wisest achieve the second. - Ovid (10 A.D.)



Instructor's Worksheet #66

Hope for the Future Daily Quotes

The difference between an optimist and a pessimist is that an optimist laughs to forget, but a pessimist forgets to laugh. - Tom Bodett

I am an optimist. It does not seem too much use being anything else. - Winston Churchill

All that is done in the world is done by hope. - Martin Luther

Never Give In. Never, Never, Never. - Winston Churchill

We are never given a dream without the power to make it come true. - Richard Bach

Obstacles are those frightful things we see when we take our eyes off our goal. - Henry Ford

Don't worry about the world coming to an end today... It's already tomorrow in Australia.
- Charles Schultz

In the midst of winter, I finally learned that there was in me an invincible summer.
- Albert Camus

These are not dark days; these are great days—the greatest days our country has ever lived.
- Winston Churchill

What percentage of what we worry about do we have any control over? .06%! - Zig Ziglar

My life has been a series of endless crises, most of which never happened. - Mark Twain

The reason birds fly, and we can't is simply that they have perfect faith, for to have perfect faith is to have wings. - Sir James M. Barrie

Those who lose dreaming are lost. - Aborigine proverb

Judge a man's wisdom by his hope. - Ralph Waldo Emerson

Our dreams at first seem impossible, then improbable, and then when we summon the will, they become inevitable. - Christopher Reeve

To be nobody but yourself – in a world doing its best to make you everybody else – means to fight the hardest battle which any human being can fight, and never stop fighting.
– E.E Cummings

Go as far as you can see. When you get there, you'll be able to see farther. - Anonymous

If you do it, don't doubt it. If you doubt it, don't do it - MK Mueller

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

Your hopes, dreams and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you only let them. - William James

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. - Michael Jordan

It costs you nothing to dream and everything not to. - Oprah