

QUOTES FOR CHOOSING A MOTTO FOR THE DAY...

PROFESSION-RELATED RESILIENCE

**We cannot solve our problems
with the same thinking we used when we created them.**
(Albert Einstein)

Change is the only permanent thing in this world.
(Nelson Mandela)

**A man sees in the world
what he carries in his heart.**
(Johann Wolfgang von Goethe)

**I can't change the direction of the wind,
but I can adjust my sails to
always reach my destination.**
(Jimmy Dean)

True leaders are flexible, but not fickle.
(Redpoint)

**Anything which is troubling you, anything
which is irritating you, THAT is your teacher.**
(Gautama Buddha)

**An hour of planning
can save you 10 hours of doing.**
(Dale Carnegie)

EMOTIONAL RESILIENCE

**The more clearly you understand yourself
and your emotions, the more you become
a lover of what is.**
(Spinoza)

You can't stop the waves, but you can learn to surf.
(Jon Kabat-Zinn)

**Sometimes
the most productive thing you can do is relax.**
(Mark Black)

In the middle of every difficulty lies opportunity.
(Albert Einstein)

**A pessimist sees the difficulty in every opportunity;
an optimist sees the opportunity in every difficulty.**
(Harry Truman)

**Our greatest glory is not in never falling,
but in rising every time we fall.**
(Confucius)

**Be happy with what you have,
be excited about what you want.**
(Alan Cohen)

MOTIVATIONAL RESILIENCE

**Failure is not the opposite of success;
it is part of success.**
(Arianna Huffington)

**If the plan doesn't work,
change the plan but never the goal.**
(Daniel Hurst)

**Always follow your own path; following someone
else's path will never give you true satisfaction.**
(David Viscott)

Life begins at the end of your comfort zone.
(Neale Donald Walsch)

**If it can't be done as it should be done,
it should be done as it can be done.**
(Jan de Koning)

**Happiness lies not in finding what is missing,
but in finding what is present.**
(Tara Brach)

**You can't control the past,
but you can control where you go next.**
(Kirsten Hubbard)

SOCIAL RESILIENCE

**Don't lose yourself in the noise of the world;
find your own voice and let it be heard.**
(VED)

**Daring to set boundaries is about having the courage to
love ourselves, even when we risk disappointing others.**
(Brene Brown)

**Forgiveness has nothing to do with absolving
someone of his crime; it has everything to
do with relieving oneself of the pain.**
(Dalai Lama)

Be yourself. An original is always worth more than a copy.
(Suzy Kassem)

**You cannot feel connected with others
when you have disconnected from yourself.**
(Jacqui Olliver)

Asking for help isn't giving up; it's refusing to give up.
(Charlie Mackesy)

**If you want to go fast, go alone;
if you want to go far, go together.**
(African proverb)