

# 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)