Inspirational Quotes & Thoughts For Parents For Their Children McKenzie Pediatrics 2011

Inspiration:

- The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark alleys to traverse. –Helen Keller
- I need to put up with two or three caterpillars if I want to get to know the butterflies. –Flower (Le Petit Prince)
- Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure about you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. –Marianne Williamson
- Nothing will ever be attempted, if all possible objections must first be overcome. –Samuel Johnson
- Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little coarse, and you may get your coat soiled or torn? What is you do fail, and get fairly rolled in the dirt once or twice? Up again, you shall never be so afraid of a tumble. Ralph Waldo Emerson
- A ship in harbor is safe but that is not what ships are for. –John A. Shedd
- The most difficult thing is the decision to act. The rest is merely tenacity. –Amelia Earhart
- A man should do his job so well that the living, the dead, and the unborn could do it no better. If it falls to your lot to be a street sweeper, sweep the streets like Michalangelo painted picture, like Shakespeare wrote poetry, like Beethoven composed music; sweep streets so well that all the host of heaven and earth will have to pause and say "Here live a great street sweeper, who swept his job well." –MLK
- Whether you think you can or you think you can't, you're right. -Henry Ford
- If you don't try, you'll never do. (TAH)
- I do not try to dance better than anyone else. I only try to dance better than myself. –Mikhail Baryshnikov
- Die trying.
- What can I do that isn't going to get done unless I do it, just because of who I am? -Buckminster Fuller
- There are more words in the world than yes and no. Life is not some coin stamped clearly with a head and a tail. -Unknown

- Whatever your hands find to do, you must do with all your heart. John Hiatt
- Life is a pure flame, and we live by an invisible sun within us. -Sir Thomas Browne
- Life is either a daring adventure, or nothing. -Helen Keller
- Forget not that the earth delights to feel your bare feet and the winds long to play with your hair. -Kahlil Gibran
- I know not all that may be coming, but be it what it will, I'll go to it laughing. -Stubb, in Moby Dick
- You have enemies? Good. That means you've stood up for something, sometime in your life. -Winston Churchill
- Is life not a hundred times too short for us to stifle ourselves? –Nietzsche
- If you always do what you've always done, you'll always get what you've always gotten.-Unknown

MAKING A LIFE

- We make a living by what we get, but we make a life by what we give. –Winston Churchill
- Make your life your message -TAH
- The heaviest load for a traveler through life is an empty heart. –TAH
- Worry more about life BEFORE death than life after. -TAH
- Show me a day when the world wasn't new. –Sister Barbara Hance
- The only thing standing between me and greatness is me. -Woody Allen
- He who has lived all his days has lived a full life. –Tao Te-Ching
- Let your life speak. –Quaker saying
- How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong, because someday in your life you will have been all of these. –George Washington Carver
- If I don't wake up tomorrow, would I be proud of how I lived today? -Muhammed Ali
- We spend more time learning how to make a living than we do learning to make a life. –Muhammed Ali
- One can make a day of any size and regulate the rising and setting of his own sun and the brightness of its shining. –John Muir

- It's like, at the end, there's this surprise quiz: Am I proud of me? I gave my life to become the person I am right now. Was it worth what I paid? –Richard Bach
- The purpose of life is a life of purpose. –Robert Byrne
- Do it big, or stay in bed. –Larry Kelly
- If you don't live it, it won't come out of your horn. –Charlie Parker (jazz great)
- There is no cure for birth and death save to enjoy the interval. –George Santayana
- Everything has been figured out except how to live. –Jean-Paul Sartre
- We excuse ourselves from greater efforts. We learn to be good and to treat well those who treat us well. But we don't give ourselves over to that which demands not goodness, but greatness. –Paula d'Arcy
- Stuff your eyes with wonder, live as if you'd drop dead in ten seconds. See the world. It's more fantastic than any dream made or paid for in factories. Ask no guarantees, ask for no security, there never was such an animal. And if there were, it would be related to the great sloth which hangs upside down in a tree all day every day, sleeping its life away. –Ray Bradbury (*Farenheit 451*)
- Life pulsates with so many pregnant possibilities for good that it should not be wasted. Every moment of each day counts. Our best recourse is to live life with intensity and exhilaration in thought, experience, action and deed. –Paul Kurtz
- The known is finite, the unknown infinite; intellectually, we stand on an islet in the midst of an illimitable ocean of inexplicability. Our business in every generation is to reclaim a little more land. T.H. Huxley
- There is more to life than increasing its speed. -Gandhi
- The trouble with life in the fast lane is that you get to the other end in an awful hurry. –John Jensen
- A wise man is he who knows he knows not. –Socrates
- Don't worry about what the world needs. Ask what makes you come alive and do that. Because what the world needs are people who come alive. –Howard Thurman
- There is no remedy for death or birth except to hug the spaces in between. Live loud. Live wide. Live tall. –Jim Crace (*Being Dead*)
- There is a whole of which one is part, and that in being a part one is whole. -Ursula LeGuin
- How we spend our days are, of course, how we spend our lives.
- Life begins when a person first realizes how soon it ends. –Marcelene Cox
- People are always blaming circumstances for what they are. 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 don't find them, make them. –George Bernard Shaw

- All men dream; but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find it was vanity: but the dreamers of the day are dangerous men, for they may act their dreams with open eyes, to make it possible. –T.E. Lawrence
- We are the choices we have made. –Meryl Streep
- I am here to live out loud. –Emile Zola
- Many men die at 25 and aren't buried until they are 75. –Ben Franklin
- When childhood dies, its corpses are called adults. –Brian Aldiss
- This is the true joy in life, being used for a purpose recognized by yourself as a mighty one. –George Bernard Shaw
- Find your place on the planet, dig in, and take responsibility from there. –Gary Snyder
- Be kind, for everyone you meet is fighting a great battle. –Philo of Alexandria

SUCCESS & FAILURE

- No one's life should be judged by its lowest point. -TAH
- Failure's never quite so frightening as regret. –George Bernard Shaw
- Light tomorrow with today. Elizabeth Barrett Browning
- To be relevant is a lot harder than to be successful.
- Success is getting what you want; happiness is wanting what you get. -Unknown
- Failure is the foundation of success, success the lurking place of failure. -Lao Tzu
- There is no wealth but life; life, including all its powers of love, of joy, and of admiration. That country is richest which nourishes the greatest number of noble and happy human beings; that man is richest who, having perfected the functions of his own life to the utmost, has also the widest helpful influence, both personal, and by means of his possessions, over the lives of others. –John Ruskin
- Don't confuse fame with success. Madonna is one; Helen Keller is the other. –Erma Bombeck
- Man stands for long time with mouth open before roast duck flies in. Chinese proverb
- No matter how hard the loss, defeat might serve as well as victory to shape the soul and let the glory out. Al Gore
- The mountain remains unmoved at seeming defeat by the mist. -Rabindranath Tagore
- Life is good, no matter the disappointments O God, the disappointments. –Garrison Keillor
- Joy and woe are woven fine. –William Blake

- Life is insurmountable, but we mount up every morning and ride forward. –Garrison Keillor
- If you worship money and things, if they are where you tap real meaning in life, then you will never have enough, never feel you have enough. Worship your body and beauty and sexual allure and you will always feel ugly. And when time and age start showing, you will die a million deaths before they finally grieve you. –David Foster Wallace
- There is only one thing more painful than learning from experience and that is not learning from experience. –Archibald MacLeish
- A mistake is a chance to try harder. -Unknown
- I have not failed; I have found 10,000 ways that won't work. -Thomas Edison
- Take risks: if you win, you'll be happy; if you lose, you'll be wise. -Unknown
- Failure is an event, not a person. –William D. Brown
- If you're going through Hell, keep going. –Winston Churchill
- Success isn't permanent, and failure isn't fatal. –Mike Ditka
- Experience teaches you to recognize a mistake when you've made it again.
- If you've never stepped on anyone's toes, you've never walked. –Maya Angelou
- I don't know the key to success, but the key to failure is trying to please everybody. –Bill Cosby
- Real success comes when we rise after we fall. –Muhammed Ali
- Life for him was an adventure, perilous indeed, but men are not made for safe havens. The fullness of life is in the hazards of life. And, at the worst, there is that in us which can turn defeat into victory. –Edith Hamilton
- When the world is storm-driven and the bad that happens and the worse that threatens are so urgent as to shut out everything else from view, then we need to know all the strong fortresses of the spirit which men have built through the ages. –Edith Hamilton, *The Greek Way*
- We've all had our moments of weakness, and if we manage to get through today without any, we'll be sure to have some tomorrow. –Jose Saramago

HAPPINESS

- Happiness comes not from having things, rather from being a part of things. -Unknown
- Happiness is the absence of striving for happiness. –Chuang Tzu
- A laugh is the shortest distance between two people. -Unknown
- It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere. –Agnes Rapplier

- A man's life consisteth not in the abundance of things which he possesseth. –St. Luke
- Happiness is not a goal, it's a byproduct. –Eleanor Roosevelt
- Satisfaction in life is not the same thing as material success. -unknown
- Man is rich in proportion to the number of things he can do without. –Thoreau
- The concept of happiness is such an indeterminate one that even though everyone wishes to attain happiness, yet he can never say definitely and consistently what it is that he really wishes and wills. – Immanuel Kant
- Some luck lies in not getting what you thought you wanted but getting what you have, which once you have got it you may be smart enough to see is what you would have wanted had your known. Garrison Keillor
- Countless men and women have spent their entire lives searching for this very thing happiness only to have it elude their grasp. -Unknown
- How to gain, how to keep, how to recover happiness, is in fact for most men at all times the secret motive of all they do, and of all they are willing to endure. –William James
- Perhaps happiness is, was, and ever shall be the ultimate human end in every time and place. –Darrin McMahon
- The happier people can be, the unhappier they are. –Paulo Coelho

WHO DO YOU WANT TO BE

- There are two types of people those who come into a room and say, "Well, here I am!", and those who come in and others say, "Ah, there you are!." –Frederick Collins
- Be somebody you'd be proud to know.
- Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind. –Dr. Suess
- Be not the one who simply watches life, caring not to join, until some unseen hand on the remote turns everything off. –TAH
- The only man I know who behaves sensibly is my tailor; he takes my measurements anew each time he sees me. The rest go on with their old measurements and expect me to fit them. –George Bernard Shaw
- If you cannot be the poet, be the poem. –David Carradine
- We scheme about the future, and we dream about the past, when just a simple reaching out might build a bridge that lasts. –John Hiatt
- Will any man despise me? Let him see to it. But I will see to it that I may not be found doing or saying anything that deserves to be despised. –Marcus Aurelius

- Character is what you do when you think no one is looking. -Unknown
- Life is short and we have never too much time for gladdening the hearts who are traveling the dark journey with us. Oh, be swift, make haste to be kind! –Henri Amiel
- The expert in anything was once a beginner.-Unknown
- You must be the change you wish to see in the world –Gandhi
- The reward for conformity was that everyone liked you except yourself. –Rita Mae Brown
- A possibility was born the day you were born, and it will live as long as you live. -Marcus Solero
- Conformity is the jailer of freedom and the enemy of growth. –JFK
- He who laughs, lasts. –Mary Pettibone Poole
- Act with the authority of your 14 billion years. -Unknown
- Duty is the sublimest word in our language. Do your duty in all things. You cannot do more. You should never do less. –Robert E. Lee
- Our discontent begins be finding false villains who we can accuse of deceiving us. Next we find false heroes whom we expect to liberate us. The hardest, most discomfiting discovery is that each of us must emancipate himself. –Daniel Boorstin
- Wanting to be different is a serious illness only if you then force yourself to be the same as everyone else. It causes neuroses, psychoses, and paranoia. It's a distortion of nature, it goes against God's law, for in all the world's woods and forests, he did not create a single leaf the same as another. –Paulo Coelho
- Despite that each human being is unique, each with their won qualities, instincts, forms of pleasure, and desire for adventure, society always imposes on us a collective way of behaving, and people never stop to wonder why they should behave like that. They just accept it. –Paulo Coelho
- Either we think for ourselves, or others will think for us. –unknown
- Everyone is the age of their heart. –Guantamalen proverb

DOING THE RIGHT THING

- What is popular is not always right; what's right is not always popular.-Unknown
- The smallest act of kindness is worth more than the grandest intention. –Oscar Wilde
- Doing what's right isn't the problem. It is knowing what's right. -Lyndon B. Johnson
- Choose what's right. Change what isn't. -Unknown

• Stand up for what's right, even if you're standing alone. –Unknown

KNOWLEDGE & WISDOM

- We are like butterflies who flutter for a day and think it is forever. Carl Sagan
- I am not young enough to know everything. –Oscar Wilde
- A closed mouth gathers no feet. -Unknown
- It's a rare person who wants to hear what he doesn't want to hear –Dick Cavett
- A man hears what he wants to hear and disregards the rest. –Paul Simon
- A choice made freely is stronger than one compelled. –Stephen Donaldson
- The superior man is distressed by his lack of ability. -Confucious
- You are no bigger than the things that annoy you. –Jerry Burdsen
- Nature has given us two ears but only one mouth. -Benjamin Disraeli
- Real knowledge is to know the extent of one's own ignorance. –Confucious

RANDOM

- There is no life I know to compare with pure imagination -Willy Wonka
- Each instant is a place we've never been –Mark Strand
- We build the road as we travel. –Antonio Machado
- It is not the critic who counts; not the man who points out how the strong man stumbles, or whether the doer of deeds would have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasms, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worse, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat. –Theodore Roosevelt
- Life is a tragedy full of joy. –Bernard Malamud
- How strange to use "You only live once" as an excuse to throw a life away. -Unknown
- Anything essential is invisible to the eyes. –Fox (in *Le Petit Prince*)

• Adulthood is not reached upon living some precise number of years beyond one's arrival into this world. Adulthood is gained, rather, by the achievement through stubborn effort of maturity's determining traits: responsibility, respectfulness, consideration, and humility. –TAH