

Life is an ongoing process of choosing between safety (out of fear and need for defense) and risk (for the sake of progress and growth). Make the growth choice a dozen times a day. Abraham Maslow

As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. Henry David Thoreau

I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder. G.K. Chesterton

By means of all created things, without exception, the divine assails us, penetrates us, and molds us. We imagined it as distant and inaccessible, when in fact we live steeped in its burning layers.

Pierre Teilhard de Chardin

Wisdom tends to grow in proportion to one's awareness of one's ignorance. Anthony de Mello

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love. Lao-Tzu

We have two lives, and the second begins when we realize we only have one. Confucius

The difference between the almost right word and the right word is the difference between the lightning bug and the lightning. Mark Twain

By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest. Confucius

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. Hans Hofman

The events of your past are fixed. The meaning of your past is not. James Clear

It's not the daily increase but daily decrease. Hack away at the unessential. Bruce Lee

Simplicity, simplicity, simplicity! I say, let your affairs be as two or three, and not a hundred or a thousand; instead of a million count half a dozen, and keep your accounts on your thumb nail. Henry David Thoreau

Elegance is achieved when all that is superfluous has been discarded and the human being discovers simplicity and concentration: the simpler and more sober the posture, the more beautiful it will be. Paulo Coelho

The greatest need of our time is to clean out the enormous mass of mental and emotional rubbish that clutters our minds. Thomas Merton

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them. Thomas Merton

Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand. Albert Einstein

One nail is driven out by another nail; so one habit is overcome by another habit. Erasmus

Almost everything will work again if you unplug it for a few minutes, including you. Anne Lamott

Every block of stone has a statue inside it, and it is the task of the sculptor to discover it. Michelangelo

Study the past if you would define the future. Confucius

The spirit of humility is sweeter than honey, and those who nourish themselves with this honey produce sweet fruit. Anthony of Padua

We cannot live in a world that is not our own, in a world that is interpreted for us by others. An interpreted world is not a home. Part of the terror is to take back our own listening, to use our own voice, to see our own light. Saint Hildegard of Bingen

When you stop expecting people to be perfect, you can like them for who they are. Donald Miller

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

God is always trying to give good things to us, but our hands are too full to receive them. St. Augustine

A saint is not someone who never falls, but one who falls less and less frequently and gets up more and more quickly. St. Bernard of Clairvaux

In order to discover the character of people we have only to observe what they love. Saint Augustine

For books are more than books, they are the life, the very heart and core of ages past, the reason why men worked and died, the essence and quintessence of their lives. Cicero

Where there is ruin, there is hope for treasure. Rumi

Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances. St. Vincent de Paul

The soul becomes dyed with the color of its thoughts. Marcus Aurelius

What gets us into trouble is not what we don't know. It's what we know for sure that just ain't so. Mark Twain

You learn to speak by speaking, to study by studying, to run by running, to work by working; and just so, you learn to love by loving. All those who think to learn in any other way deceive themselves. Saint Francis De Sales

To fail in charity is like wounding God in the pupil of his eye. What is more delicate than the pupil of the eye? To fail in charity is like failing against nature. Padre Pio of Pietrelcina

You cannot put straight in others what is warped in yourself.
Athanasius of Alexandria

We don't believe something by merely saying we believe it, or even when we believe that we believe it. We believe something when we act as if it were true. Dallas Willard

The great illusion of leadership is to think that man can be led out of the desert by someone who has never been there. Henri J.M. Nouwen

It is dangerous to make everybody go forward by the same road: and worse to measure others by oneself. Saint Ignatius

Life is too deep for words. So don't try to describe it. Just live it. C. S. Lewis

When you gossip about a person it means that you have removed the person from your heart. But be aware, when you remove a man from your heart, Jesus also goes away from your heart with that man. Padre Pio of Pietrelcina

We cannot live better than in seeking to become better. Socrates

Never discourage anyone who continually makes progress, no matter how slow. Plato

The ultimate reason for setting goals is to entice you to become the person it takes to achieve them. Jim Rohn

The primary cause of unhappiness is never the situation, but your thoughts about it. Eckhart Tolle

Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.
Epictetus

He who is not contented with what he has, would not be contented with what he would like to have. Socrates

He who goes about to reform the world must begin with himself, or he loses his labor. St. Ignatius of Loyola

If every tiny flower wanted to be a rose, spring would lose its loveliness. St. Therese of Lisieux

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment. Marcus Aurelius

God provides the wind, man must raise the sail. St. Augustine

Remember, the Devil has only one door with which to enter into our soul: our will. There are no secret or hidden doors. No sin is a true sin if we have not willfully consented. Padre Pio of Pietrelcina