

Exchange for Change classes starts with every student sharing their word for the day and a quote, theirs or someone else's.

This book is a compilation of those quotes collected at the following correctional institutions:

Dade Correctional
Everglades Correctional
Everglades ReEntry Center
Homestead Correctional
Hollywood Work Release Center

Special thanks to our writing facilitators:

Enzu Castellanos
Michele Jessica Fievre
Kathie Klarreich
Joshua Schriftman

And a shout out to our interns

Sofia Butnaru
Teddy Murphy

2103 Coral Way Ste. 202
305 280-2819
exchforchange@gmail.com
www.exchange-for-change.org



Writing that Transforms

QUOTES Summer 2015

In a world of transition, there's no standing;
either you're moving forward or backwards

— Proverb

LOVE

Where would you be without love - Doobie Brothers

You can make the body submit, but you can't make the heart surrender - Jimmy Murdock

Loving is like breathing, if you stop, you die - Michael Painter

Remember that love is like kerosene. The more you have, the more you burn -Edwidge Danticat, Claire of the Sea Light

Love yourself—it makes everything else easier

Love is like rain- it comes in a drizzle sometimes. Then it starts pouring and if you're not careful it will drown you. - Edwidge Danticat, Breath, Eyes, Memory

If you can fail at something you hate you might as well risk failure for what you love -Jim Carrey

Love is when each person is more concerned for the other than for one's self - Robert Frost

There isn't anyone you couldn't love once you've heard their story - Sister Mary Lou Konnacki

Sometimes love just isn't enough -Rebecca Miller

Loved ones hurt you, not by what they do, but by what they don't do - E Martinez

Love is not a fight, but it's something worth fighting for - Warren Barfield

Mental illness is America's secret. It is the secret we keep that prevents us from asking for the help we need - Frank Warren

When governments fear the people, there is liberty. When the people fear the government there is tyranny - T. Jefferson

Ownership meant no more to the Shoshone Indians than to roam the land as a great common, and to possess and enjoy it in the same way they possessed and enjoyed sunlight and the west wind and the feel of spring in the air. Acquisitiveness which develops a law of real property is an accomplishment only of the civilized

Liberalism rejects ideological struggle and stands for unprincipled peace, thus giving rise to a decadent, philistine attitude and bringing about human degeneration... To let things slide for the sake of peace and friendship when a person has clearly gone wrong and refrain from principled argument because he is an old acquaintance, a fellow towns man, or a schoolmate, harms all parties involved

If a business is unsuccessful it means that the public does not care enough for it to make it pay. If it is successful the public pays its expenses and something more

The patience of an oppressed people cannot endure forever - Dr. Martin Luther King Jr.

*One who belongs to the most vilified and persecuted minority in history is not likely to be insensible to the freedoms guaranteed by our constitution
- Felix Frankfurter*

There are many causes that I am prepared to die for but no cause that I am prepared to kill for - Mahatma Gandhi

Those who deny freedom to others, deserve it not for themselves - Abraham Lincoln

For one human being to love another: that is perhaps the most difficult of all our tasks, The ultimate, the last test and proof, the work for which all other work is but preparation - Rainer Maria Rilke

For small creatures such as we, the vastness is bearable only through love - Carl Sagan

No greater love hath any man than to lay his life down for his friends - Jesus

*I found love around the time my nephew found Nemo
- E Martinez*

*Men fall in love with their eyes, with their ears
- R. M. Brown*

LIFE

According to the ancient Chinese proverb, 'A journey of a thousand miles must begin with a single step' - JFK

Nobody can give you freedom, nobody can give you equality; nobody can give you justice, if you're a man you take it - Malcolm X

*To plant a garden is to believe in tomorrow
- Tommy Jane*

*Life is what happens while you're making other plans
- John Lennon*

We all need to let go and fall back onto trampolines then see how high you can bounce back - Barry Ginsberg

Life is like a box of chocolates. You never know what you'll get – Forrest Gump

They dread silence, because they do not want to hear their own pulses beating out the seconds of their life, and to know that each beat is another knock on the door of death – Caryll Houselander

A human being is a part of the whole, called by us the universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separate from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for this such achievement in itself is a part of the liberation and a foundation for inner security – Albert Einstein

Self-observation... is to make us aware of where we are psychologically at any moment and eventually to shift are position...

Live your life as gold having to go through a furnace, able to withstand the heat of trials and tribulations. While coming out brand new, refreshed, and shining like the star you are – Francois R.

A smile takes a moment, but the memory of it lasts forever

The people who are wearing uniforms think they are on a mission from God. But God does not wear uniforms. He's with the resistance – Eli Wiesel

The civic fabric would be stronger if instead of trying to severe relationships with those who have done wrong, we tried to repair them and if we tried forgiveness instead of exiling – David Brooks

I'm about giving up my faith in the law. It's justice that I'm having some doubts about

The Republican and Democratic Parties are two wings of the same buzzard

It is the goodness of god that in our country we have those three unspeakably precious things: freedom of speech, freedom of conscience, and the prudence never to practice either of them – Mark Twain

Money makes the world go round, makes the price of living go up, the chances of living go down - Brad Jordan

If it was god that made this country strong (in God We Trust on our money) all along why you taking him out of America our home? One nation under God, who gave us all we own, that's just wrong! – Vinny

A popular government without popular information or the means of acquiring it is but a prologue to a farce or a tragedy, or perhaps both – Pres. James Madison

INCARCERATION

Prisons tell us that we are free. We are able to recognize ourselves as participants in a democracy because we get to look at this institution that has walled off those who are not, by comparing ourselves to them, we knew that we are – Angela Davis

Malicious talk is like an arrow. A person who unsheathes a sword can regret his intention and return it to its sheath. But the arrow cannot be retrieved
– Mildrash Tehillim

Prison sucks. Don't come - Ernesto

The staff here treat me like a dog that can't be trained

WORLD PHILOSOPHY

Never has so much been owned by so many to so few
-Sir Winston Churchill

The magic of racism is it works on itself. We hate each other, shoot each other, and kill each other when we can't kill no one else

I shall never believe that God plays dice with the World –
Albert Einstein

As for me I see no such great cause why I should either be fond to live or fear to die. I have had good experience of the world and I know what is to be a subject and what to be a sovereign. Good neighbors I have had and I have met with bad, and in Trust I have found treason
– Queen Elizabeth – Speech to parliament 1586

In a world of transition there's no standing; either you're moving forward or backwards

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of being
– Carl Jung

And so often times it happens that we live our lives in chains and we never even know we have the key
– The Eagles

No matter what gets damaged, life rearranges itself to compensate for your loss

The real things about myself are so painful that only shame helps me to keep living - Paulo Coelho

You can't start writing the next chapter of life if you keep reading the last one – Unknown

Don't forget where you came from you, you might need to go back

When all of your wishes are granted, everything you love will be destroyed – Marilyn Manson

Do you really want to be locked down for potentially the rest of your career - Chelsea Grin

Life can only be understood backwards; it must be lived forward - Soren Kierkegaard

Life should be enjoyed today and not worry about tomorrow – Deborah Jones

Life is like a bowl of cherries sometimes you're going to find some pits – Emma Bombeck

The energy spent trying to get revenge is better spent creating an amazing life. Forget about them. Remember you – Adams

The meaning of Life- I think I saw it once reflected in my mother's eyes – Nicole

Life is like a box of chocolates, you never know what you'll get - Debra Jones

*The grand essentials of life are: something to do, something to love, and something to hope for
- Joseph Addison*

The Man who views the world at 50 the same as he did at 20 has wasted 30 years of his life – Muhammad Ali

The best way to be missed when you're gone is to stand for something when you're here - Seth Godin

*In life, there is no black or white, only shades of gray
– Michael Painter*

*I'll rather die than silently watch injustice
– Minister Louis Farrakhan*

We know nothing of what will happen in future, but by the analogy of experience – Abraham Lincoln.

In life at times there is a gain and at other times loss, but always opportunities to learn – Juan Borges

He who rides on the back of a man eating mountain lion, does not dismount - Rubin Hurricane Carter

There is no wrong in write.

If you forget your way, just follow your feet.

Sometimes the best way to see a person is not to see them at all.

*To be or not to be
-Act 3, Scene 1 of William Shakespeare's Hamlet*

Knowledge of a boy's I.Q. is of little help if you are faced with a formful of clever boys. – M. Gladwell

We all can be open-minded if we don't close our ears.

COMPANIONSHIP

*Grief can take care of itself, but to get the full benefit of joy you must have someone to divide it with
– Mark Twain*

*The smile is the shortest distance between two people
-Victor Borge*

Friendship is people knowing and still loving you and being your friend

*Friends are some good inspiration of good stories
- Digger*

Money doesn't talk--it swears - Bob Dylan

Many hands make light - Proverb

The whole is greater than its part

*The half has never been told
- Madame Edna Galmon Cook*

*I amaze myself with the stupid things I say all the time...
Really a living oxymoron. I'd make Donald Trump sound
like a visionary - Jimmy Murdoch*

Today was a good day - Ice Cube

*Bite down on your words first, because once you spit them
out, you can never swallow them*

I'm much more than a good special

*When I was an alien, cultures were not opinions, got to
get away, find a way when I'm there - Nirvana*

*If you speak when angry you'll make the best speech
you'll ever regret - Groucho Marx*

*Some of the best ideas come in the shower, no one has
invented a waterproof phone yet*

Sleep is a luxury the poor cannot afford - Michael Painter

*The fact that jellyfish have survived for 650 million years
despite not having brains gives hope to many people*

*When you fall short, it hurts and it eats at you, and it
hurts me to know that I wish that I could have done
better and done more... But it just wasn't our time
- LBJ*

*Having been wounded by betrayal...How can I trust the
image in the mirror*

*Life is like an erector set, you have all the pieces but you
have to put it together - Robin Williams*

*We all are prisoners at one time or another in our lives,
prisoners to ourselves or to the expectation of those
around us. It is a burden that all people endure, that all
people despise, and that few people ever learn to escape. I
consider myself fortunate in this respect, for my life has
traveled a long and fairly straight-running path of
improvement - R. A. Salvatore*

We are our worst enemies

*A man always has two reasons for what he does- a good
one, and the real one*

Sorry, so simple, but that's the key to life - Alex Means

*There are essentially two things that will make you
wiser- the books you read and the people you meet
-Charles Tremendous Jones*

*Get it down, take the chances. It may be bad, but it's the
only way can do anything really good
- William Faulkner*

He follows her, breathless from his dreamy run, yet unfaltering, drawn by the special loveliness that had first lured him from Heaven, the ancient promises of sorcery and mystery, the journey past the edge of the body, the hopeful distance that is woman

*The journey of a thousand miles begins with the first step
- JFK*

Don't look behind you unless it's to learn, don't look ahead cause your hands are already full, live in the moment and just enjoy everything you can - Francois R.

The harder I try, the further behind I get!

There are three kinds of people in this world. Those that think they know what happen. Those that know what happen. And those that make it happen - E Martinez

I'm walking on broken glass, my dreams have been all been shattered

Everybody dies, but not everybody lives - Drake

Almost everything will work again if you can unplug it for a few minutes, including you - Robert Moseley

Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow

I am still encouraged to go. I wouldn't know where else to go - E.B. White

Life is not infinite, so enjoy, learn and participate for you want to live a fruitful life

Your archaic thinking is out of step with the times, just like your fashions - Elton John

Always be unknown word and never eat the candy all in one gulp - Orin K. Pressly

*Nobody looks crazy when they're having fun
- Amy Poehler*

Every true pleasure is a secret - Juicy

If you're feeling sensations that you thought were dead, remember it's all in your head

Why are you asking me that - Catherine Le Fleur

Passion is the Genesis of Genius - Anthony Robbins

Destin and secure, she is the one! - Avenged MX

Did you know a bird is the only animal that you can throw and you'd be helping it - Sean O'Conner

Light only shine's through a broken vessel

The only place you will find success before work is in the dictionary - Dr. Tony Evans

I don't have a quote - Jimmy Murdoch

If you're looking for something, it's already there

I love deadlines, I love the whooshing sound they make as they go by - Douglas Adams.

Robots are cool - Jason D. Allen

If it is important enough to you. You will find a way. If it is not, you will find an excuse – Unknown

Remember that little talk we had about - not believing everything written in the media – Emma Watson

Count it all Joy

If I can laugh about it, I can live with it -Elizabeth Johnston

There are unseen forces that oppose motivation and seek to douse the flames of inspiration. In my case that force is napping -Colin Nissan

You run and you run to catch up with the sun but it keeps on sinking, racing around it to come up behind you again – Pink Floyd

Lend me your eyes, it will change what you see
- Skin and Ink Magazine

The Green Jelly Beans are not Evil – Jerry Garcia

Some people walk in the rain, others just get wet
-Roger Miller

Noble deeds and half baths are the best care for depression - Dodie Smith

Hatred is a bitter, damaging laxative. It winds obey through the blood infection its host and driving it forward without any reason

People used to call me different but it turns out that the different people make a difference – Justice Timberlake

A journey of a thousand miles starts with a single step
– L. Tzu

Don't put off to tomorrow what you can do today
– B. Franklin

Gather enough sense to spend it on time and paying attention

It's not a question of win or lose, it's a question of whether you survive

To live your life, you got to love it

Change is the only constant in life – Heraclitus

Chances lost are hope's torn up pages – J. Ondrasik

SUCCESS

If you don't write something worth reading, then do something worth writing about – Benjamin Franklin

You can learn more from failure than you can from success

We are cups, constantly and quietly being filled. The trick is knowing how to tip ourselves over and let the beautiful stuff out - Ray Bradbury

The credit belongs to the man... who, at the best, knows in the end the triumph of high achievement and how at the worst if he fails, at least fails while daring greatly so that his place shall never be with these cold and timid

souls who know neither victory nor defeat – Theodore Roosevelt.

You don't have to change to be successful, to be beautiful, just be you - Rumer Willis

Success is to be measured not so much by the position that one reached in life as by the obstacles which he has overcome while trying to succeed
– Booker T. Washington

In order to succeed, we must first believe that we can
- Nikos Kazantzakis

Success takes you away from what you know, while failures condemns you to it - Rachel Cusk

To be successful you have to be selfish or else you never achieve. And, once you get to your highest level, then you have to be unselfish, stay reachable, stay in touch, and don't isolate –M. Jordan

ART AND CREATIVITY

Stories are like genes. They keep part of us alive even after the end of the story - A.S. Buatt

When power leads man toward arrogance, poetry reminds him of his limitations, when power narrows the areas of man's concern, poetry reminds him of the richness and diversity of his existence. When power corrupts, poetry cleanses. For art establishes the basic human truth which must serve as the touchstone of our judgment – President Kennedy

We tell ourselves stories in order to live – Joan Didion

Sometimes you feel like you're walking on water only to find out your shoes are really just full of pee – Heather

If you can't have the last word you'd better damn sure get the first word – Oscar Wilde

Pixies are pink, Elves are green. I'm a smurf with a giants dream – Digger

You feel the way you think... – Herron K

A person who listens is like a sunflower. In the fullness, both will bear seeds for nourishment. The first for the mind, and the second for the body – D.P.R.

Exercise can be fun – Jason D. Allen

It's not what you look like, when you're doing, what you're doing, it's what you're doing – when you're doing, what it looks like, you're doing

The voices in my head may be fake... but they have good ideas.

It's true, I'm Crazy! But it's the good kind of crazy not the don't-sit-next-to-me-on-public-transportation crazy
–Bourdicca

Better to lose count counting your blessings, than to lose your blessings counting you troubles

Blameless people are always the most exasperating
– George Eliot

It must be getting early, the clocks are running late
– Jerry Garcia

Medicine is for goat – Tom Hanks

*Whatever it is, I didn't do it. And if I did, I certainly didn't
mean to* – Annalisa Painter

Insanity as a mater of perspective – Jerry Murdoch

A party without cake is just a meeting – Julia Child

I'm excited about Junk Food – Jason D Allen

Always talking that blah, blah, blah – Ke\$ha

*If there is a wrong way to do something then someone
will do it* – Edward A. Murphy Jr.

*Her nose is so high in the air she can smell the birds
farting* – Katherine

*You can't hold what could've been on a cold and lonely
night* – Tiffany

*You can't get tired of trying, everyday you got to hit every
wave like you're Hawaiian.*

Joy is peace dancing, and peace is joy at rest

*Never argue with a fool, those who are watching won't be
able to tell the difference*

It is more fun to be the painter than the paint
– George Clooney

*You better write your plans in pencil because only God
can write in pen* – Digger

Imagination is key

*The mystery of language was revealed to me. I knew then
that w-a-t-e-r meant the wonderful cool something that
was flowing over my hand. That living word awakened
my soul, gave it light, joy, set it free!*
– Helen Keller

*I read my eyes out and can't read half enough...The more
one reads the more one sees we have to read*
–John Adams

*It's not the person who creates something, to say that
they are artists. How arrogant is that. It's up to the people
who see what you do to say you're an artist*
– Gene Simmons

*Art is how we decorate space, music is how we decorate
time* – Alex Clay Hutchins

*If I feel physically as if the top of my head were taken off,
I know that is poetry* – Emily Dickinson.

*For a story to be a story we need only one small
satisfaction and that occurs when the reader is finished
reading the story*

*The difference between the almost right word and the
right word is really a large matter- 'tis the difference
between the lightning bug and the lightning*
– Mark Twain

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep – Scott Adams

What I like in a good author is not what he says, but what he whispers – Logan Pearsall Smith.

The end is simply the beginning of an even longer story – Zadie Smith

Good writing, like a good home, is an orderly arrangement of parts – Mortimer Adler

Words are like a lens to focus one's eyes – Ayn Rand

Why ponder, give us a schilling and jump on board. Let's take a jaunt down writer's way – Sir Robert Moseley

Writing is far more than workshops and editing, that's the fun part. Being denied and critiques is the real part
– Digger

People have a purpose and so do the stories they tell and write - Digger

Trust the process

A story has to be a good date because the reader can stop at any time... Remember, readers are selfish and have no compulsion to be decent about anything
- Kurt Vonnegut

Poetry is emotion given life through words that scream for attention on paper - Adrian Perez

Poetry is the lament of a man in love while he tells his desolations of love - Juan Borges

Take life in stride, endure the toughest time, but enjoy the joyful ones

The public is never wrong. When people don't respond to what you do they're telling you something loud and clear. You're just not listening – 50 Cent

MISCELLANEOUS

You can't butter both sides of the bread without getting your hands dirty - E. Martinez

Ice cream cones are great; a dripless ice cream cone is better

Not only must I endure the insult of my sentence, but also the sting of poor fashion choices - Catherine La Fleur

Fish are meant to bake, not people - Michael Painter

War is the institutionalization of criminality
– Bramley from '1984'

No matter what you like bananas, peaches or dates, it's all just fruit
– Boudicca

Sometimes you have to drown your kittens
–Kathie

Spare the child. Throw away the rod
– Vinny

Somebody has to do something, and it's just incredibly pathetic it has to be us – Jerry Garcia

You can only get smarter by playing a smarter opponent
- Fundamentals of Chess 1883

He who walks with wise men will become wise
-Proverbs 13:20

You only get what you give

*Be who you are and say what you feel because those who
mind don't matter and those who matter don't mind*
- B. M. Baruch

*Never do something permanently stupid because you are
temporarily angry*

Cry havoc, and let slip the dogs of war
-Act 3, Scene 1 of William Shakespeare's Julius Caesar

Three can keep a secret if two of them are dead
- B. Franklin

*If you can't find the time to write a short story, write a
long one instead*

All who hate wisdom love death - Solomon

*If you didn't think it was right, you should have checked it
yourself*

*When you begin to make good decisions, good things will
begin to happen*

The only dumb question is the question not asked

Writing is its own reward - Henry Milkier

*Writing is the essence of one's being. What you write can
express who you are, who you want to be, or who
everyone believes you are*

*If you want to be a writer, you have to write every day.
You don't go to the well once, but daily* - W. Mosely

LEADERSHIP

*You take people as far as they will go, not as far as you
would like them to go* - J. Rankin

FAITH AND SPIRITUALITY

*Greater love has no one than this, that one lay down his
life for his friends* - Jesus Christ

*It matters not how strait the gate nor how charged with
punishment the scene. I am the master of my fate, the
captain of my soul* - William Earnest Henley

*Faith means believing in what you do even when it does
not bear visible results* - J.M. Coetzee

*A thorough knowledge of the Bible is worth more than a
college education* -Theodore Roosevelt

*Faith and reason are like two wings on which the human
spirit rises to the contemplation of truth*
- Pope John Paul II

*There's a strength in weakness and weakness only means
there's room for god* L.A. Collie

Give thanks for thy faith for grace - Sir Robert Moseley

*Lord forgive them for they know exactly what they do
- E Martinez*

*We are looking for physical solutions to spiritual
problems - T. Evans*

*How could you obtain the fruits of the spirit when
walking in the flesh?*

DREAMS AND GOALS

*He who works hard will have plenty, but he who pursues
worthless things lacks sense and will not have plenty -
Proverb*

A man's dream is a father's day - Alex Means

*To accomplish whatever I set out to do and if I have
obstacles that hinder my task, I will continue to find ways
to meet set goals.*

A goal will remain a dream until it is executed

PERSEVERANCE

If you don't like it, keep chewing

Fall seven times, get up eight Japanese Proverb

I have not yet begun to fight! - J.P.Jones

*Resentment is like drinking poison and waiting for your
enemy to die - Nelson Mandela*

Mind over matter - James Allen

*Our greatest weariness comes from work not done
- Eric Hoffer*

He gives me work that I may seek - Gustafson

*To conquer oneself is a greater task than conquering
others - Buddha*

*What is most important to me must be spoken, made
verbal and shared, even at the risk of having it bruised or
misunderstood - Audrey Lorde*

*The best morale exists when you never hear the word
mentioned. When you hear a lot of talk about it, it's
usually lousy - Dwight Eisenhower*

*The greatest thing is to be master of metaphor. It is the
thing that cannot be learned from others; it is also a sign
of genius, since a good metaphor implies an eye for
resemblance - Aristotle*

*Truth, like all other things, may be loved unwisely, may be
pursued too keenly, may cost too much*

*He who keeps his lips from slips, five things he'll observe
with care: to whom he speaks, how he speaks, why, when,
and where*

*Conscience is the inner voice that warns us somebody
maybe looking - H.L. Mencken*

*You can't always get what you want, but if you try
sometimes, you just might find you get what you need*
- Mick Jagger

Knowledge without wisdom is useless

Truth knows no color, it only appeals to intelligence
- Ralph Wiley

*Efficiency is doing the thing right, effectiveness is doing
the right things* - Peter Drucken

I walk slowly but I never walk backwards
- Abraham Lincoln

*Whether you think you can, or think you can't, you're
right*

If you risk nothing, then you risk everything
- Geena Davis

*Any intelligent fool can invent further complications, but
it takes a genius to retain, or recapture simplicity*
- E.F. Schumacher

*If a man does not keep pace with his companions,
perhaps it is because he hears a different drummer. Let
him step to the music which he hears, however measured
or far away* - Henry David Thoreau

A stupid person spends their tomorrows in yesterdays
- Dionne Warwick

Association breeds similarity - K. Herron

MOTIVATIONAL AND INSPIRATIONAL

Apathy is the worst form of violence

Forgive and you will be forgiven

We all make mistakes, that why pencils come with erasers

It's never too late to become who you could have been
- Beanie

If at first you don't succeed try, try again
- Theodore Roosevelt

*It is better to fail in originality than to succeed in
imitation* - Herman Melville

*It's funny how when you truly believe something you can
be magnetic, people are drawn towards passion because
to become passionate you must be certain. To be certain
in a world of unknowns is to be almost superhuman* -
Jimmy Murdoch

*Don't be content to be the chip off the old block, be the
block itself* - Winston Churchill

*Don't ask what the world needs. Ask what makes you
come alive, and go do it. Because what the world needs is
more people who have come alive*
- Howard Thorman

Making a way is not easy, but working on it is - S.F.

*Not enjoyment, and not sorrow, is our destined end of
way; but to act, that each tomorrow find us farther than
today* - Longfellow: A Psalm of Life

Your struggle may be lasting but it's not everlasting

*May your words be gifts to those who receive them
Visions of the soul
Expressions of the heart
Tokens of truth and hope
Traveling across time
To a better, more meaningful place*

Let me win, but if I cannot win, let me be brave in the attempt - Amanda Church

Believe in yourself

*If a man has not discovered something that he will die for,
he isn't fit to live
- M. L. King, Jr.*

*People who are crazy enough to think they can change
the world are the ones who do - Steve Jobs*

*If you don't make it to the top, you ain't climbin', 'cause
the only way you could lose is without trying*

You never fail; you only find ways something doesn't work

CHARACTER AND GROWTH

*The power to impact others is not so much in what we
do, but in who we are - Dr. Charles Stanley*

*Do I contradict myself? Ok, then I contradict myself
- Walt Whitman*

*The only thing worse than someone with no wisdom,
knowledge, or understanding is one who has all of these,
yet refuses to use them. For they are useless unless they
are applied in the way to make you and the ones around
you better human beings - Francois R*

*Nothing comes to sleepers but a dream
- Heather Coffey*

*Others will mostly treat you the way you treat yourself -
- Mohamed Moussa*

*If you realize all things change, there is nothing you will
try to hang on to - Lao Tzu*

*Sometimes it's the people you can't help who inspire you
the most - Melinda Gates*

*This world is a comedy to those that think and a tragedy
to those that feel - Horatio Walpole*

*Chop down your own wood and it will warm you twice -
Henry Ford*

*Being honest may not get you a lot of friends, but it will
always get you the right ones - John Lennon*

You have to lose in order to win - Fantasia

*Home lies in the things you carry with you everywhere
and not in the ones that tie you down - Pico Iyer*

*Protect your innocence... Our innocence allows us to do
what the practical mind prohibits - Vin Diesel*

Educated fools are people that make bad decisions

To be smart is to be determined to learn

Ignorance is the enemy of scholars

The man who knows how will always have a job. The man who knows why will always be his boss
- R. W. Emerson

If you want to be a writer, you must do two things above all: read a lot and write a lot - Stephen King

No man is an enemy. No man is a friend. Every man is a teacher.

If you wait for inspiration to write, you're not a writer, you're a waiter.
- D. Pointer

WISDOM

They say you should fight fire with fire. But real firefighters use water - E Martinez.

Our hopeful means their helpful - J Lanterman

Don't just stop to look at the roses, smell them - Vinny

What matters most is how well you walk through the fire
- Charles Bukoski

It's not whether or not the glass is one-half full or one-half empty, it's whether or not you know how to fill it up

Don't it always seem to go that you don't what you got til it's gone - Toni Mitchell

If you do not change direction you may end up where you are heading - Lao Tzu

Still waiting on patience - Jimmy Murdoch

Character is like a building, you have to continue to add block after block after block. Cause no one gets it right the first time around. So you must stay at it, in order for you to get it level - Francois, R.

Following my own advice isn't easy; but sometimes necessary - Digger

The best way to save the world is to first save and change yourself - Francois R

Your attitude is your altitude. It determines how high you fly

You have to wait until it's dark to see who really with you
- Drake

You don't become great by trying to be great. You become great by wanting to do something and doing it so hard that you become great in the process
- Randall Monroe

Sometimes you only get to learn the hard way once - Jimmy Murdoch

If you're always doing what you're always done, then you'll always be what you always was - Jane Nery

The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively – Bob Marley

Wealth is measured not by what you have but by what you've given away – Native American Saying

*First you inspect me
Then you dissect me
Then you reject me
I wait for the day
That you'll resurrect me
- Gayle Forman*

*God knows we all have our demons and we are works in progress in trying to grow into our better selves
– Vin Diesel*

We are in charge of our attitudes – Charles Swindoll

Determination – to accomplish the right goals at the right time despite the opposition – Debra Jones

Transformation comes from within, but the reality is not everyone can change. For certain theories are embedded too deep in some people's core - Francois, R.

*A character is defined by names, age, and roles
– Jason D. Allen*

A man's first duty is to his conscience and his honor

Everything has a purpose or premise. Every second of one's life has its own premise, whether or not we are conscious of it at the time. That premise maybe as simple as breathing or as complex as vital emotional decisions,

The depth of wisdom is concealed behind a thousand locked gates. All the locks and keys are within.

Everybody is ignorant, only on different subjects

I'd rather have a shelf full of books I haven't read than a closet full of clothes I never wear

A man who doesn't learn something new every day is a man who is not paying attention

Knowledge is powerful, when applied into your life it can impact your environment and the people around you in a powerful way - Adrian Perez

Some people say knowledge is power. Not true! The use of knowledge is power

*Children must be thought how to think, not what to think
– Margaret Mead*

Your mind is like a parachute, it always works when it is open

*I have come to the conclusion that my subjective account of my own motivation is largely mythical and almost on all occasions I don't know why I do things
– J.B.S. Haldale*

Education consists mainly in what we've unlearned

Human history becomes more and more a race between education and catastrophe – HG Wells

*He who thinks he know it all knows nothing at all
- James*

PEACE

We can build weapons of mass destruction and anything else we set our minds to; when will we build a bridge of peace over the valleys of differences that separate us?

- Michael Painter

Inside my mind I'm trying to find a place to rest - Pac

We all want to live in peace, yet we can't help but stir up strife, though I am never at fault. No - not me, never me -

Michael Painter

Everything you ever wanted in life is on the other side of fear

Morality

Right is right, even if everyone is against it and wrong is wrong, even if everyone is for it - William Penn

Out beyond ideas of wrong doing and right doing these is field, I'll meet you there -Rumi

Sometimes wrong is right - Jimmy Murdoch

Knowledge & Education

If you think knowledge is expensive, try ignorance

What's called writers block is almost always ordinary fear - Tom Wolfe

but it is always there... Every good play must have a well formulated premise... No idea, and no situation, was ever strong enough to carry you through to its logical conclusion without a clear cut premise

Don't say things. What you are stands over you the while, and thunders so that I cannot hear what you say to the contrary - Ralph Waldo Emerson

He who is slow to anger has great understanding but he who is quick tempered exalts foolishness - Pro 14:29

Let the words of my mouth and the meditations of my heart be acceptable in thy sight. Oh Lord my strength and my redeemer P.S. 19:14

What do your words say about you?

If you can, keep your head about you when all around you are losing theirs

You sow a thought you reap an action; you sow an action you reap a habit; you sow a habit you reap a character; you sow a character you reap a destiny

We are what we repeatedly do. Excellence, then, is not an act, but a habit - Aristotle

Ultimately, the only power to which man should aspire is that which he exercises over himself - Elie Wiesel

Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny

Nothing strengthens the judgment and quickens the conscience like individual responsibility
- Elizabeth Cady Stanton

Of all the properties which belong to honorable men, not one is so highly prized as that of character
- Henry Clay

It has always been my belief that a man should do his best regardless of how much he receives for his services, or the number of people he may be serving, or the class of people served - N. Hill

You are not responsible for your first thought, but you are for your second - Myriam Gerstein

Never compromise who you are to accommodate another person

I'd rather die like a man than live like a coward
- T. Shakur

We are not products of our environments. We are however, products of our choices.

If you always try to be normal, you will never see how amazing you are
- Maya Angelou

STRENGTH

I never knew how hard it was to be strong, until being strong was all I had left - Caroline Kennedy

Diamonds are nothing more than chunks of coal that stuck to their jobs - Malcolm Forbes

You can tell a lot about a man from the way he treats women and animals - One

Strength does not come from winning. Your struggles develop your strength. When you go through the hardships and decide not to surrender, that is strength

If you faint in the day of adversity, your strength is small

HOPE, SIMPLICITY, HAPPINESS AND POSITIVE THINKING

Yesterday is history, tomorrow is a mystery, but today is a gift. That's why we call it the present

Worry does not empty tomorrow of its sorrow, it empties today of its strength! - Corrie Fen Boom

Don't cry over spilled milk. By this time tomorrow, it'll be free yogurt - Stephen Colbert

When the Brown's are screaming "inmate" just calmly sail on by as if you have every right to be doing whatever you are doing - Boudicca

I used to complain about not having shoes until I seen a man with no feet
- D. Wright

Be thankful and content

I cannot do time with idle time! I must be actively involved in doing something good - Earnest