

Values and Inspiration – Quotes Handout

We can draw inspiration from individuals who have achieved a certain level of greatness, or have left a positive impact that resonates with our values. We can be inspired *by* – and subsequently, inspired *to*, showing that inspiration has an evocative quality that motivates actions to better ourselves.

Instructions: A list of 36 quotes from various notable individuals are presented below. Which quotes resonate with you the most, and inspire you? Select the top 3 quotes and put a small tick (✓) next to them.

- 1. *Happiness grows at our own firesides, and is not to be picked in strangers' gardens.***
- Douglas William Jerrold
- 2. *Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness.***
- William E. Gladstone
- 3. *As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.***
- Audrey Hepburn
- 4. *If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.***
- Winston Churchill
- 5. *An armed society is a polite society. Manners are good when one may have to back up his acts with his life.***
- Robert A. Heinlein
- 6. *Be polite; write diplomatically; even in a declaration of war one observes the rules of politeness.***
- Otto von Bismarck
- 7. *There is only one happiness in this life, to love and be loved.***
- George Sand
- 8. *Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.***
- Lao Tzu
- 9. *Logic is the last scientific ingredient of Philosophy; its extraction leaves behind only a confusion of non-scientific, pseudo problems.***
- Rudolf Carnap
- 10. *Logic: The art of thinking and reasoning in strict accordance with the limitations and incapacities of the human misunderstanding.***
- Ambrose Bierce

- 11. Logic will get you from A to B. Imagination will take you everywhere.**
- Albert Einstein
- 12. Imagination will often carry us to worlds that never were. But without it we go nowhere.**
- Carl Sagan
- 13. Intelligence without ambition is a bird without wings.**
- Salvador Dali
- 14. Ambition is the path to success. Persistence is the vehicle you arrive in.**
- Bill Bradley
- 15. God's promises are all on condition of humble obedience.**
- Ellen G. White
- 16. I know the power obedience has of making things easy which seem impossible.**
- Saint Teresa of Avila
- 17. We learned about honesty and integrity - that the truth matters... that you don't take shortcuts or play by your own set of rules... and success doesn't count unless you earn it fair and square.**
- Michelle Obama
- 18. Honesty is the first chapter in the book of wisdom.**
- Thomas Jefferson
- 19. By constant self-discipline and self-control you can develop greatness of character.**
- Grenville Kleiser
- 20. Self-control is one mark of a mature person; it applies to control of language, physical treatment of others, and the appetites of the body.**
- Joseph B. Wirthlin
- 21. Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.**
- Norman Vincent Peale
- 22. Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish.**
- Brad Henry
- 23. He who is not courageous enough to take risks will accomplish nothing in life.**
- Muhammad Ali
- 24. I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.**
- Nelson Mandela

- 25. Cleanliness becomes more important when godliness is unlikely.**
- P. J. O'Rourke
- 26. Cleanliness is very important. If you let kids make a total mess in the kitchen and then leave, you're not really teaching them anything.**
- Emeril Lagasse
- 27. Men have to descend from their pedestal and learn how to be more broadminded and spiritual.**
- Indra Devi
- 28. Broad-mindedness is related to tolerance; open-mindedness is the sibling of peace.**
- Salman Rushdie
- 29. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.**
- Martin Luther King, Jr.
- 30. The weak can never forgive. Forgiveness is the attribute of the strong.**
- Mahatma Gandhi
- 31. Intellect distinguishes between the possible and the impossible; reason distinguishes between the sensible and the senseless. Even the possible can be senseless.**
- Max Born
- 32. Thinking is the hardest work there is, which is probably the reason why so few engage in it.**
- Henry Ford
- 33. We are made wise not by the recollection of our past, but by the responsibility for our future.**
- George Bernard Shaw
- 34. A hero is someone who understands the responsibility that comes with his freedom.**
- Bob Dylan
- 35. Follow the path of the unsafe, independent thinker. Expose your ideas to the danger of controversy. Speak your mind and fear less the label of 'crackpot' than the stigma of conformity.**
- Thomas J. Watson
- 36. The strongest man in the world is he who stands most alone.**
- Henrik Ibsen

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