



# INSPIRATIONAL QUOTES TO LIFT YOU UP

**"I can be changed by what happens to me,  
but I refuse to be reduced by it."  
- Maya Angelou**

**"Believe you can and you're halfway there."  
- Theodore Roosevelt**

**"You're braver than you believe,  
and stronger than you seem and  
smarter than you think."  
- Christopher Robin**

**"Everything will be okay in the end.  
If it's not okay, it's not the end."  
- John Lennon**

**"Don't ever let a soul in the world tell you  
that you can't be exactly who you are."  
- Lady Gaga**

**"Just because my path is different  
does not mean I am lost."  
- Anonymous**

**"We must accept finite disappointment,  
but never lose infinite hope."  
- Martin Luther King, Jr.**

**"Prepare today for the wants of tomorrow."  
- Aesop**

**"It's your reaction to adversity,  
not adversity itself that determines  
how your life's story will develop."  
- Dieter F. Uchtdorf**

**"Rock bottom became the solid  
foundation  
in which I rebuilt my life."  
- J.K. Rowling**

**"Courage doesn't always roar. Sometimes  
courage is the quiet voice at the end of  
the day saying 'I will try again tomorrow.'"  
- Mary Anne Radmacher**

**"And one has to understand that  
braveness is not the absence of fear but  
rather the strength to keep on going  
forward despite the fear."  
- Paulo Coelho**

**"Hard times build determination and inner  
strength. Through them we can also come  
to appreciate the uselessness of anger."  
- Dalai Lama**

**"A hero is an ordinary individual who  
finds the strength to persevere and  
endure in spite of overwhelming  
obstacles."  
- Christopher Reeve**

**"Grief and resilience live together."  
- Michelle Obama**

