

Encouraging Words

When you're having a rough day

Believe you can and you're halfway there. (Theodore Roosevelt).

You can't stop the waves but you can learn to surf. (Jon Kabat-Zinn)

Tough times never last, but tough people do. (Robert H. Schuller)

All great achievements require time. (Maya Angelou)

The only time you fail is when you fall down and stay down. (Stephen Richards)

Courage is like a muscle. We strengthen it by use. (Ruth Gordon)

In the middle of difficulty lies opportunity. (Albert Einstein)

Stars can't shine without the darkness. (D.H. Sidebottom)

No one can make you feel inferior without your consent. (Eleanor Roosevelt)