

# **Thought for the Day**

## **2017-2018**

#### **4.9.17 – New Beginnings 1**

There's always a moment that separates the past from the future, and that moment is now.

*Aniekee Tochukwu Ezekiel*

For last year's words belong to last year's language  
And next year's words await another voice.  
And to make an end is to make a beginning.

*T.S. Eliot*

That old September feeling, left over from school days, of summer passing, vacation nearly done, obligations gathering, books and football in the air ... Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year's mistakes had been wiped clean by summer.

*Wallace Stegner*

## 11.9.17 – New Beginnings 2

Forget what we became, what matters is what we've become, and our potentials to overcome.

*Aniekee Tochukwu Ezekiel*

But there's a beginning in an end, you know? It's true that you can't reclaim what you had, but you can lock it up behind you. Start fresh.

*Alexandra Bracken*

The chief beauty about time  
is that you cannot waste it in advance.  
The next year, the next day, the next hour are lying ready for you,  
as perfect, as unspoiled,  
as if you had never wasted or misapplied  
a single moment in all your life.  
You can turn over a new leaf every hour  
if you choose.

*Arnold Bennett*

## **18.9.17 – Kindness**

A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.

*Roy T. Bennett*

You can easily judge the character of a man by how he treats those who can do nothing for him.

*Anon*

Try to be a rainbow in someone's cloud.

*Maya Angelou*

## **25.9.17 – Understanding others**

We are all different. Don't judge, understand instead.

*Roy T. Bennett*

Everything that irritates us about others can lead us to an understanding of ourselves.

*Carl Jung*

To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.

*Kahlil Gibran*

## **2.10.17 – Optimism**

You'll never find a rainbow if you're looking down.

*Charlie Chaplin*

Choose to be optimistic, it feels better.

*Dalai Lama XIV*

Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.

*Roy T. Bennett*

## 9.10.17 – Education 1

Develop a passion for learning. If you do, you will never cease to grow.

*Anthony J. D'Angelo*

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.

*Malcolm X*

There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.

*Jiddu Krishnamurti*

## **16.10.17 – Failure**

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default.

*J. K. Rowling*

You build on failure. You use it as a stepping stone. Close the door on the past. You don't try to forget the mistakes, but you don't dwell on it. You don't let it have any of your energy, or any of your time, or any of your space.

*Johnny Cash*

It's fine to celebrate success but it is more important to heed the lessons of failure.

*Bill Gates*



### **30.10.17 – Success**

Success is the result of perfection, hard work, learning from failure, loyalty, and persistence.

*Colin Powell*

Success in life could be defined as the continued expansion of happiness and the progressive realization of worthy goals.

*Deepak Chopra*

Success means doing the best we can with what we have. Success is the doing, not the getting; in the trying, not the triumph. Success is a personal standard, reaching for the highest that is in us, becoming all that we can be.

*Zig Ziglar*

## **6.11.17 – Remembrance**

The more we sweat in peace the less we bleed in war.

*Vijaya Lakshmi Pandit*

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

*John F Kennedy*

Valor is stability, not of legs and arms, but of courage and the soul.

*Michel de Montaigne*

### **13.11.17 – Respect**

Respect other people's feelings. It might mean nothing to you, but it could mean everything to them.

*Roy T. Bennett*

The biggest ingredient in a best friend is someone whose actions you respect and who you can truly be yourself around.

*Renee Olstead*

To be one, to be united is a great thing. But to respect the right to be different is maybe even greater.

*Bono*

## **20.11.17 – Doing the right thing**

All of us knows, not what is expedient, not what is going to make us popular, not what the policy is, or the company policy - but in truth each of us knows what is the right thing to do. And that's how I am guided.

*Maya Angelou*

The time is always right to do what is right.

*Martin Luther King, Jr.*

Flying dreams mean that you're doing the right thing with your life.

*Douglas Coupland*

## 27.11.17 – Anger

There's nothing wrong with anger provided you use it constructively.

*Wayne Dyer*

Get mad, then get over it.

*Colin Powell*

It is wise to direct your anger towards problems - not people; to focus your energies on answers - not excuses.

*William Arthur Ward*

#### **4.12.17 – Truth**

The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.

*Winston Churchill*

There are no facts, only interpretations.

*Friedrich Nietzsche*

The very concept of objective truth is fading out of the world. Lies will pass into history.

*George Orwell*

## **11.12.17 – Christmas 1**

Best of all, Christmas means a spirit of love, a time when the love of God and the love of our fellow men should prevail over all hatred and bitterness, a time when our thoughts and deeds and the spirit of our lives manifest the presence of God.

*George F. McDougall*

This is Christmas: not the tinsel, not the giving and receiving, not even the carols, but the humble heart that receives anew the wondrous gift, the Christ.

*Frank McKibben*

Christmas – that magic blanket that wraps itself about us, that something so intangible that it is like a fragrance. It may weave a spell of nostalgia. Christmas may be a day of feasting, or of prayer, but always it will be a day of remembrance – a day in which we think of everything we have ever loved.

*Augusta E. Rundell*

## 18.12.17 – Christmas 2

God is here. This truth should fill our lives, and every Christmas should be for us a new and special meeting with God, when we allow his light and grace to enter deep into our soul.

*Josemaría Escrivá*

Want to keep Christ in Christmas? Feed the hungry, clothe the naked, forgive the guilty, welcome the unwanted, care for the ill, love your enemies, and do unto others as you would have done unto you.

*Steve Maraboli*

The light of the Christmas star to you. The warmth of home and hearth to you. The cheer and goodwill of friends to you. The hope of a child-like heart to you. The joy of a thousand angels to you. The love of the Son and God's peace to you.

*Sherryl Woods*



### 8.1.18 – New Year

New Year - a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.

*Alex Morritt, Impromptu Scribe*

If you asked me for my New Year Resolution, it would be to find out who I am.

*Cyril Cusack*

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

*Melody Beattie*

### **15.1.18 – What would you stand up for?**

He who passively accepts evil is as much involved in it as he who helps to perpetrate it. He who accepts evil without protesting against it is really cooperating with it.

*Martin Luther King, Jr.*

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

*Martin Luther King, Jr.*

It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.

*J.K. Rowling*

## **22.1.18 – Change yourself**

It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform.

*Roy T. Bennett*

Life has no remote....get up and change it yourself!

*Mark A. Cooper*

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek.

*Barack Obama*

## **29.1.18 – Community**

Every successful individual knows that his or her achievement depends on a community of persons working together.

*Paul Ryan*

My ambition didn't grow out of nowhere. It was planted in me by a community that nurtured me.

*Michael Eric Dyson*

It's the community that helps form our moral compass. It's those attitudes that I've remembered through my entire lifetime.

*John Morgridge*

### **5.2.18 – Safer Internet**

The internet has been a boon and a curse for teenagers.

*J.K. Rowling*

Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone.

*Steven Spielberg*

Technology is nothing. What's important is that you have a faith in people, that they're basically good and smart, and if you give them tools, they'll do wonderful things with them.

*Steve Jobs*

### **12.2.18 – Perseverance**

Success in life is a matter not so much of talent or opportunity as of concentration and perseverance.

*C.W. Wendte*

The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won't.

*Henry Ward Beecher*

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.

*Pele*

## **26.2.18 – Reading**

Don't just read the easy stuff. You may be entertained by it, but you will never grow from it.

*Jim Rohn*

A book is a dream that you hold in your hand.

*Neil Gaiman*

If you only read the books that everyone else is reading, you can only think what everyone else is thinking.

*Haruki Murakami*

### **5.3.18 – International Women’s Day - 8 March 2018**

I believe that the rights of women and girls is the unfinished business of the 21st century.

*Hillary Clinton*

Women's liberation is the liberation of the feminine in the man and the masculine in the woman.

*Corita Kent*

Achieving gender equality requires the engagement of women and men, girls and boys. It is everyone's responsibility.

*Ban Ki-moon*



### **12.3.18 – Trouble**

Expect trouble as an inevitable part of life and repeat to yourself, the most comforting words of all; this, too, shall pass.

*Ann Landers*

Friends show their love in times of trouble, not in happiness.

*Euripides*

When a friend is in trouble, don't annoy him by asking if there is anything you can do. Think up something appropriate and do it.

*E.W. Howe*

### **19.3.18 – Easter 1**

Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song.

*Pope John Paul II*

“It happens to all of us,” I concluded that Easter Sunday morning. “God simply keeps reaching down into the dirt of humanity and resurrecting us from the graves we dig for ourselves through our violence, our lies, our selfishness, our arrogance, and our addictions. And God keeps loving us back to life over and over.”

*Nadia Bolz-Weber*

Love paid a price so hope could become a reality.

*Susan Gadd*

## 26.3.18 – Easter 2

I am pressed to admit that I don't have the capacity to understand the bloodied horrors of a cross and the wild exhilaration of an empty tomb. But at the point that I think I completely understand God, I have at that very point humanized Him and in that very action I have lost Him. Therefore, I much prefer to simply marvel.

*Craig D. Lounsbrough*

When Good Friday comes, these are the moments in life when we feel there's no hope. But then, Easter comes.

*Coretta Scott King*

Arise! Arise! Arise and shine!

May Christ's message of eternal life fill your heart with everlasting love, hope, happiness and new dreams.

*Lailah Gifty Akita*

### **16.4.18 – Fear**

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

*Rosa Parks*

Fear is a manipulative emotion that can trick us into living a boring life.

*Donald Miller*

You can conquer almost any fear if you will only make up your mind to do so. For remember, fear doesn't exist anywhere except in the mind.

*Dale Carnegie*

### **23.4.18 – Happiness**

I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.

*Martha Washington*

Remember that the happiest people are not those getting more, but those giving more.

*H. Jackson Brown, Jr.*

Happiness is not something ready made. It comes from your own actions.

*Dalai Lama*

### **30.4.18 – Sense of Purpose**

I feel connected to that idea of wanting to belong to something, to have a sense of purpose as a man on the planet.

*Jeremy Renner*

There are two ways of approaching your time on this planet: one is to sit around waiting for something to happen that will make sense of your existence, and the other is to get out there and find purpose for yourself.

*Mariella Frostrup*

Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them.

*Dalai Lama*

### **7.5.18 – Prejudice**

Prejudice - a vagrant opinion without visible means of support.

*Ambrose Bierce*

I hate prejudice, discrimination, and snobbishness of any kind - it always reflects on the person judging and not the person being judged. Everyone should be treated equally.

*Gordon Brown*

A prejudice, unlike a simple misconception, is actively resistant to all evidence that would unseat it.

*Gordon W. Allport*

### **14.5.18 – Friends**

The greatest gift of life is friendship, and I have received it.

*Hubert H. Humphrey*

I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it, friends make life a lot more fun.

*Charles R. Swindoll*

A true friend never gets in your way unless you happen to be going down.

*Arnold H. Glasow*



## **21.5.18 – Education 2**

The goal of education is not to increase the amount of knowledge but to create the possibilities for a child to invent and discover, to create men who are capable of doing new things.

*Jean Piaget*

Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.

*Kofi Annan*

Standardized testing is at cross purposes with many of the most important purposes of public education. It doesn't measure big-picture learning, critical thinking, perseverance, problem solving, creativity or curiosity, yet those are the qualities great teaching brings out in a student.

*Randi Weingarten*

#### **4.6.18 – Progress**

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.

*Benjamin Franklin*

We can each define ambition and progress for ourselves. The goal is to work toward a world where expectations are not set by the stereotypes that hold us back, but by our personal passion, talents and interests.

*Sheryl Sandberg*

There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.

*Ronald Reagan*

### 11.6.18 – Rules

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*

Always be different; don't follow the rules. Don't do what anyone tells you. Don't use the same sounds as people; don't use the same drums as people.

*Benny Blanco*

There are no rules. That is how art is born, how breakthroughs happen. Go against the rules or ignore the rules. That is what invention is about.

*Helen Frankenthaler*

### **18.6.18 – Excuses**

Peer pressure and social norms are powerful influences on behaviour, and they are classic excuses.

*Andrew Lansley*

In football, the worst things are excuses. Excuses mean you cannot grow or move forward.

*Pep Guardiola*

Not looking for excuses is the right thing to do. I have made a lot of mistakes, and I still make mistakes, but I am not ashamed to look for the reasons behind those mistakes.

*Gianluigi Buffon*

## **25.6.18 – Attitude**

A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results.

*Wade Boggs*

My attitude has always been, if you fall flat on your face, at least you're moving forward. All you have to do is get back up and try again.

*Richard Branson*

The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up.

*John C. Maxwell*

### **2.7.18 – Competition**

It is nice to have valid competition; it pushes you to do better.

*Gianni Versace*

The ultimate victory in competition is derived from the inner satisfaction of knowing that you have done your best and that you have gotten the most out of what you had to give.

*Howard Cosell*

Competition has been shown to be useful up to a certain point and no further, but cooperation, which is the thing we must strive for today, begins where competition leaves off.

*Franklin D. Roosevelt*

### **9.7.18 – Good intentions**

Plans are only good intentions unless they immediately degenerate into hard work.

*Peter Drucker*

Good intentions aren't enough. People have good intentions when they set a goal to do something, but then they miss a deadline or other milestone.

*Harvey Mackay*

We shall act with good intentions, but at times we will be wrong. When we are, let us admit it and try to right the situation.

*Joe Paterno*

## 16.7.18 – Moving on

It's time to say goodbye, but I think goodbyes are sad and I'd much rather say hello. Hello to a new adventure.

*Ernie Harwell*

Moving on is not closure. It's not neat, and it's not about turning the page. It is about moving on, but it doesn't mean that you've left something behind.

*Thomas Gibson*

Today is not the end but today is a new beginning.

*Amit Abraham*