

# **Thought for the Day**

## **2018-2019**

WEEK NO.	w/c	THEME	
1.	3.9.18	New Beginnings 1	<p>The beginning is always today. Mary Wollstonecraft Shelley</p> <p>Nothing in the universe can stop you from letting go and starting over. Guy Finley</p> <p>Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations. Catherine Pulsifer</p>
2.	10.9.18	New Beginnings 2	<p>It's a wise man who understands that every day is a new beginning, because boy, how many mistakes do you make in a day? I don't know about you, but I make plenty. You can't turn the clock back, so you have to look ahead. Mel Gibson</p> <p>Every day is a chance to begin again. Don't focus on the failures of yesterday, start today with positive thoughts and expectations. Catherine Pulsifer</p> <p>Before any beginning, there needs to be a plan of how you are going to get to the end. If you do not create a plan, it is like deciding to play football without the ball. Byron Pulsifer</p>
3.	17.9.18	Be Yourself	<p>It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection. The Bhagavad Gita</p> <p>You can't live your life for other people. You've got to do what's right for you, even if it hurts some people you love. Nicholas Sparks</p> <p>We have to dare to be ourselves, however frightening or strange that self may prove to be. May Sarton</p>

4.	24.9.18	Mistakes	<p>I hope that in this year to come, you make mistakes. Because if you are making mistakes...you're Doing Something. Neil Gaiman</p> <p>If people refuse to look at you in a new light and they can only see you for what you were, only see you for the mistakes you've made, if they don't realize that you are not your mistakes, then they have to go. Steve Maraboli</p> <p>Learn from the mistakes of others. You can never live long enough to make them all yourself. Groucho Marx</p>
5.	1.10.18	Black History Month	<p>I have crossed over on the backs of Sojourner Truth and Harriet Tubman and Fannie Lou Hamer and Madame CJ Walker. Because of them I can now live the dream. I am the seed of the free, and I know it. I intend to bear great fruit. Oprah Winfrey</p> <p>Never be limited by other people's limited imaginations. Dr Mae Jemison, first African-American female astronaut</p> <p>One day our descendants will think it incredible that we paid so much attention to things like the amount of melanin in our skin or the shape of our eyes or our gender instead of the unique identities of each of us as complex human beings. Franklin Thomas, activist, philanthropist, and former president of the Ford Foundation 1979-1996</p>
6.	8.10.18	World Mental Health Day 10 October	<p>You aren't doing "nothing" when you choose to put your well-being first. In fact, this is the key to having everything. Brittany Burgunder</p> <p>The greatest weapon against stress is our ability to choose one thought over another. William James</p> <p>There is hope, even when your brain tells you there isn't. John Green</p>

7.	15.10.18	Being Different	<p>For a really long time, I thought being different was a negative thing. But as I grew older, I started to realize we were all born to stand out; nobody is born to blend in. Halima Aden</p> <p>I know what it feels like to be bullied, and I will not tolerate the thought of anyone, for any reason, being bullied. It starts with young people and can end with young people. As we learn to embrace our diversity, we become stronger, more tolerant. The differences are beautiful. The differences matter. It's what makes life an adventure. Ryan Potter</p> <p>The beauty of life is to be different. Set yourself apart from the crowd, and flourish into the person you were meant to be. Julian Aguilar</p>
8.	22.10.18	Optimist or Pessimist?	<p>That was one of the virtues of being a pessimist: nothing was ever as bad as you thought it would be. James Jones</p> <p>The optimist proclaims that we live in the best of all possible worlds; and the pessimist fears this is true. James Branch Cabell</p> <p>The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails. William Arthur Ward</p>
9.	5.11.18	Remembrance	<p>When you go home, tell them of us and say "For your tomorrow, we gave our today."</p> <p>The living owe it to those who no longer can speak to tell their story for them. Czeslaw Milosz</p> <p>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</p>

10.	12.11.18	Anti-bullying week	<p>In the end, we will remember not the words of our enemies, but the silence of our friends. Martin Luther King Jr</p> <p>If anything, we should feel sorry for the people who want us to feel bad about ourselves, because they are the ones struggling for approval. In middle school, bullies tortured other kids because they thought it would make people like them more. Ariana Grande</p> <p>Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing or keeping silent, by feeling disgusted or feeling interested. Octavia E. Butler</p>
11.	19.11.18	Progress	<p>The first step towards getting somewhere is to decide you're not going to stay where you are. John Pierpont 'JP' Morgan</p> <p>You must make a decision that you are going to move on. It won't happen automatically. You will have to rise up and say, 'I don't care how hard this is, I don't care how disappointed I am, I'm not going to let this get the best of me. I'm moving on with my life.' Joel Osteen</p> <p>It does not matter how slowly you go as long as you do not stop. Confucius</p>
12.	26.11.18	Self-Confidence	<p>We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit. e Cummings</p> <p>You are imperfect, permanently and inevitably flawed. And you are beautiful. Amy Bloom</p> <p>When it comes down to it, I let them think what they want. If they care enough to bother with what I do, then I'm already better than them. Marilyn Monroe</p>

13.	3.12.18	Standing up for Others 1	<p>There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest. Elie Wiesel</p> <p>The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy. Kalu Ndukwe Kalu</p> <p>There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right. Martin Luther King Jr</p>
14.	10.12.18	Christmas 1	<p>Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first. The birth of the baby Jesus stands as the most significant event in all history, because it has meant the pouring into a sick world the healing medicine of love which has transformed all manner of hearts for almost two thousand years. Underneath all the bulging bundles is this beating Christmas heart. George Matthew Adams</p> <p>The earth has grown old with its burden of care But at Christmas it always is young, The heart of the jewel burns lustrous and fair And its soul full of music breaks the air, When the song of angels is sung. Phillips Brooks</p> <p>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</p>

15.	17.12.18	Christmas 2	<p>Off to one side sits a group of shepherds. They sit silently on the floor, perhaps perplexed, perhaps in awe, no doubt in amazement. Their night watch had been interrupted by an explosion of light from heaven and a symphony of angels. God goes to those who have time to hear him - and so on this cloudless night he went to simple shepherds. Max Lucado</p> <p>As long as we know in our hearts what Christmas ought to be, Christmas is. Eric Sevareid</p> <p>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</p>
16.	7.1.19	New Year	<p>Tomorrow, is the first blank page of a 365 page book. Write a good one. Brad Paisley</p> <p>New Year's Day. A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change. Sarah Ban Breathnach</p> <p>Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. Goran Persson</p>
17.	14.1.19	The Universe	<p>Two possibilities exist: either we are alone in the Universe or we are not. Both are equally terrifying. Arthur C Clarke</p> <p>We are just an advanced breed of monkeys on a minor planet of a very average star. But we can understand the Universe. That makes us something very special. Stephen Hawking</p> <p>The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff. Carl Sagan</p>

18.	21.1.19	Do What is Right	<p>Do what is right, not what is easy nor what is popular. Roy T Bennett</p> <p>Do what you feel in your heart to be right – for you'll be criticized anyway. Eleanor Roosevelt</p> <p>Always do what is right. It will gratify half of mankind and astound the other. Mark Twain</p>
19.	28.1.19	Expectations	<p>People generally see what they look for, and hear what they listen for. Harper Lee</p> <p>I'm not in this world to live up to your expectations and you're not in this world to live up to mine. Bruce Lee</p> <p>It's when ordinary people rise above the expectations and seize the opportunity that milestones truly are reached. Mike Huckabee</p>
20.	4.2.19	Safer Internet Day 5 February 2019	<p>Electric communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true. Charles Dickens</p> <p>Social media is the most disruptive form of communication humankind has seen since the last disruptive form of communications, email. Ryan Holmes</p> <p>The speed of communications is wondrous to behold. It is also true that speed can multiply the distribution of information that we know to be untrue. Edward R Murrow</p>
21.	11.2.19	Individuality	<p>Why fit in when you were born to stand out? Dr Seuss</p> <p>It is better to fail in originality than to succeed in imitation. Herman Melville</p> <p>Everybody is identical in their secret unspoken belief that way deep down they are different from everyone else. David Foster Wallace</p>

22.	25.2.19	Standing up for Others 2	<p>Our lives begin to end the day we become silent about things that matter. Martin Luther King Jr</p> <p>You have enemies? Good. That means you've stood up for something, sometime in your life. Winston S Churchill</p> <p>Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth. William Faulkner</p>
23.	4.3.19	International Women's Day 8 March 2019	<p>I hate to hear you talk about all women as if they were fine ladies instead of rational creatures. None of us want to be in calm waters all our lives. Jane Austen, Persuasion (1818)</p> <p>Feminism is the radical notion that women are human beings. Cheris Kramarae</p> <p>A girl should be two things: who and what she wants. Coco Chanel</p>
24.	11.3.19	The Power of Words	<p>Words - so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them. Nathaniel Hawthorne</p> <p>A thousand words will not leave so deep an impression as one deed. Henrik Ibsen</p> <p>Words, once they are printed, have a life of their own. Carol Burnett</p>
25.	18.3.19	Truth	<p>The truth does not change according to our ability to stomach it. Flannery O'Connor</p> <p>I don't think there is any truth. There are only points of view. Allen Ginsberg</p> <p>Above all, don't lie to yourself. The man who lies to himself and listens to his own lie comes to a point that he cannot distinguish the truth within him, or around him, and so loses all respect for himself and for others. And having no respect he ceases to love. Fyodor Dostoyevsky</p>

26.	25.3.19	Time	<p>If you love life, don't waste time, for time is what life is made up of. Bruce Lee</p> <p>Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. H. Jackson Brown Jr.</p> <p>There is no standing still because time is moving forward. Greg Lake</p>
27.	1.4.19	Easter 1	<p>I think we need to do some deep soul searching about what's important in our lives and renew our spirit and our spiritual thinking, whether it's through faith-based religion or just through loving nature or helping your fellow man. Louie Schwartzberg</p> <p>The great gift of Easter is hope - Christian hope which makes us have that confidence in God, in his ultimate triumph, and in his goodness and love, which nothing can shake. Basil Hume</p> <p>A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act. Mahatma Gandhi</p>
28.	8.4.19	Easter 2	<p>If anyone or anything tries to curse or kill the Goodness at the Center of all things, it will just keep coming back to life. Forever Easter. David Housholder</p> <p>Easter is a time when God turned the inevitability of death into the invincibility of life. Craig D Lounsbrough</p> <p>And be ye glad of heart, For Calvary and Easter Day, Earth's saddest day and gladdest day, Were just three days apart! Susan Coolidge</p>

29.	29.4.19	Perseverance	<p>If you are going through hell, keep going. Winston S Churchill</p> <p>Never give up... No one knows what's going to happen next. L. Frank Baum</p> <p>At the end of the day, we can endure much more than we think we can. Frida Kahlo</p>
30.	6.5.19	The Power of Thought	<p>First comes thought; then organization of that thought, into ideas and plans; then transformation of those plans into reality. The beginning, as you will observe, is in your imagination. Napoleon Hill</p> <p>Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer to your goal. Elbert Hubbard</p> <p>Repetition of the same thought or physical action develops into a habit which, repeated frequently enough, becomes an automatic reflex. Norman Vincent Peale</p>
31.	13.5.19	Who are you?	<p>You will never be who you want to be, until you are happy with who you are. Thomas F Shubnell</p> <p>Life isn't about finding yourself. Life is about creating yourself. George Bernard Shaw</p> <p>You are in integrity when the life you are living on the outside matches who you are on the inside Alan Cohen</p>
32.	20.5.19	Do Something	<p>Do what you can, with what you have, where you are. Theodore Roosevelt</p> <p>Even if you are on the right track, you'll get run over if you just sit there. Will Rogers</p> <p>Do one thing every day that scares you. Eleanor Roosevelt</p>

33.	3.6.19	Friendship	<p>Friendship - my definition - is built on two things. Respect and trust. Both elements have to be there. And it has to be mutual. You can have respect for someone, but if you don't have trust, the friendship will crumble. Stieg Larsson</p> <p>Sometimes being a friend means mastering the art of timing. There is a time for silence. A time to let go and allow people to hurl themselves into their own destiny. And a time to prepare to pick up the pieces when it's all over. Octavia Butler</p> <p>The sincere friends of this world are as ship lights in the stormiest of nights. Giotto di Bondone</p>
34.	10.6.19	Happiness	<p>Happiness is not something ready made. It comes from your own actions. Dalai Lama XIV</p> <p>Happiness is not the absence of problems, it's the ability to deal with them. Steve Maraboli</p> <p>Be happy for this moment. This moment is your life. Omar Khayyám</p>
35.	17.6.19	Intelligence	<p>Every generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it. George Orwell</p> <p>The problem with the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence. Charles Bukowski</p> <p>Biology gives you a brain. Life turns it into a mind. Jeffrey Eugenides</p>

36.	24.6.19	Change the World	<p>The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking. Albert Einstein</p> <p>Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has. Margaret Mead</p> <p>Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself. Jalaluddin Mevlana Rumi</p>
37.	1.7.19	Communication	<p>To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others. Tony Robbins</p> <p>The most important thing in communication is hearing what isn't said. Peter Drucker</p> <p>The two words 'information' and 'communication' are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through. Sydney J Harris</p>
38.	8.7.19	Opinions	<p>You are not entitled to your opinion. You are entitled to your informed opinion. No one is entitled to be ignorant. Harlan Ellison</p> <p>The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it. Terry Pratchett</p> <p>Life is too short to waste any amount of time on wondering what other people think about you. In the first place, if they had better things going on in their lives, they wouldn't have the time to sit around and talk about you. What's important to me is not others' opinions of me, but what's important to me is my opinion of myself. C JoyBell C.</p>

39.	15.7.19	Moving on	<p>Though nobody can go back and make a new beginning... Anyone can start over and make a new ending. Chico Xavier</p> <p>Stepping onto a brand-new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole woman. Maya Angelou</p> <p>Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true. Ralph Waldo Emerson</p>
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