

Thought for the Day 2019-2020 Compressed Version

Whether the words are from Actors or Musicians, Writers or Politicians, whether they are recent sayings or from past millennia, keep this Thought in mind:

Listen, nitwit, what good will it do you to know whether I am "sincere" or "insincere"? What does this have to do with whether or not my thoughts are right? I can utter a soaring truth "insincerely" and say the stupidest thing "sincerely". Learn to judge the thought independently of who says it or how.

Witold Gombrowicz

W/C	THEME	THOUGHTS
2.9.19	New beginnings 1	<p>Never underestimate the power you have to take your life in a new direction. Germany Kent</p> <p>The great courageous act that we must all do, is to have the courage to step out of our history and past so that we can live our dreams. Oprah Winfrey</p> <p>Let this coming year be better than all the others. Vow to do some of the things you've always wanted to do but couldn't find the time. Ann Landers</p>
9.9.19	New beginnings 2	<p>New beginnings are exciting! They become exciting to us because they offer the promise of hope, the anticipation of change in our lives, and the prospect that our dreams will indeed come true! Squire Rushnell</p> <p>We are meant to keep focused for new life, for new beginnings, for new experiences, and to use our abilities to move beyond all those things that may serve as excuses to confine us to the now. Byron Pulsifer</p> <p>You can't look back - you just have to put the past behind you, and find something better in your future. Jodi Picoult</p>
16.9.19	Ambition	<p>Oh, it's delightful to have ambitions. I'm so glad I have such a lot. And there never seems to be any end to them – that's the best of it. Just as soon as you attain to one ambition you see another one glittering higher up still. It does make life so interesting. L. M. Montgomery</p>

		<p>Ambition is a dream with a V8 engine. Ain't nowhere else in the world where you can go from driving a truck to a cadillac overnight. Elvis Presley</p> <p>Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great. Mark Twain</p>
23.9.19	Be Yourself 1	<p>You cannot change what you are, only what you do. Philip Pullman</p> <p>When you are content to be simply yourself and don't compare or compete, everyone will respect you. Lao Tzu</p> <p>Don't wish to be normal. Wish to be yourself. To the hilt. Find out what you're best at, and develop it, and hopscotch your weaknesses. Wish to be great at whatever you are. Lois McMaster Bujold</p>
30.9.19	Friendship	<p>One friend with whom you have a lot in common is better than three with whom you struggle to find things to talk about. Mindy Kaling</p> <p>When you choose your friends, don't be short-changed by choosing personality over character. W.Somerset Maugham</p> <p>The friend who holds your hand and says the wrong thing is made of dearer stuff than the one who stays away. Barbara Kingsolver</p>
7.10.19	Mental Health	<p>If you know someone who's depressed, please resolve never to ask them why. Depression isn't a straightforward response to a bad situation; depression just is, like the weather. Try to understand the blackness, lethargy, hopelessness, and loneliness they're going through. Be there for them when they come through the other side. It's hard to be a friend to someone who's depressed, but it is one of the kindest, noblest, and best things you will ever do. Stephen Fry</p> <p>Living with anxiety, turning up, and doing stuff with anxiety takes a strength most people will never know. Matt Haig</p> <p>The strongest yet the biggest battle is to fight from yourself, for yourself. No one can even imagine the battle one goes through every day. So be strong, be courageous as You are Amazing! And the greatest warrior.</p>

		Meeran W. Malik
14.10.19	Sporting Dreams	<p>I would say to always follow your dream. And dream big because my whole career, including any of the things that I've accomplished, I never thought in a million years that I would be here. So it just proves that once you believe in yourself, and you put your mind to something, you can do it. Simone Biles</p> <p>Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. Muhammad Ali</p> <p>I always thought I wanted to play professionally, and I always knew that to do that I'd have to make a lot of sacrifices. I made sacrifices by leaving Argentina, leaving my family to start a new life. I changed my friends, my people. Everything. But everything I did, I did for football, to achieve my dream. Lionel Messi</p>
21.10.19	Happiness	<p>Happiness is the meaning and the purpose of life, the whole aim and end of human existence. Aristotle</p> <p>Happiness is not something ready-made. It comes from your own actions. Dalai Lama XIV</p> <p>The happiness of your life depends upon the quality of your thoughts. Marcus Aurelius</p>
4.11.19	Remembrance	<p>In war, there are no unwounded soldiers. Jose Narosky</p> <p>A man's country is not a certain area of land, of mountains, rivers, and woods, but it is a principle and patriotism is loyalty to that principle. George William Curtis</p> <p>From their service, their endurance, and their sacrifice, this grateful nation thrives. And we remember.</p>
11.11.19	Anti-Bullying Week	<p>You can be the person who puts the 'kick me' sign on the back, or be the person that watches it happen and does nothing, or you can be the person who takes the sign off. That's it. Every day, every moment of your life, you're making this choice. Life doesn't stop for it, challenges don't make way for it, the choice is there and you own it. Welcome to adulthood. Kris Rafferty</p>

		<p>People who repeatedly attack your confidence and self-esteem are quite aware of your potential, even if you are not. Wayne Gerard Trotman</p> <p>We explain when someone is cruel or acts like a bully, you do not stoop to their level. Our motto is when they go low, you go high. Michelle Obama</p>
18.11.19	Being Different	<p>We are all different. We see things differently. The things I appreciate and value may not be the things you appreciate and value. Our beliefs might conflict. And even if we agree on much, we perceive the world differently. Zamm Zamudio</p> <p>The courage to be different. This is a brave path to follow in a society that sometimes become very cruel. Maria Karvouni</p> <p>The person who follows the crowd will usually go no further than the crowd. The person who walks alone is likely to find himself in places no one has ever seen before. Albert Einstein</p>
25.11.19	Imagination	<p>Logic will get you from A to Z; imagination will get you everywhere. Albert Einstein</p> <p>I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world. Albert Einstein</p> <p>Thoughts are like burning stars, and ideas, they flood, they stretch the universe. Criss Jami</p>
2.12.19	Mistakes	<p>It's only those who do nothing that make no mistakes, I suppose. Joseph Conrad</p> <p>I am glad that I paid so little attention to good advice; had I abided by it I might have been saved from some of my most valuable mistakes. Edna St. Vincent Millay</p> <p>Smart people learn from their mistakes. But the real sharp ones learn from the mistakes of others. Brandon Mull</p>
9.12.19	Christmas 1	<p>December days . . . as Christmas time draws near; brings family warmth, and friendship's joyful cheer, from memory's store so many days to bless and cherish so in quiet thankfulness. John McLeod</p>

		<p>We don't need more parties, or decorations, or gifts, or worries, or expectations to be added to Christmas. What we really need is some grace. For ourselves and others. And we need to love people. Susanna Foth Aughtmon</p> <p>Once a year, each Christmas, for a few days at least, we and millions of our neighbors turn aside from our preoccupations with life reduced to biology or economics or psychology and join together in a community of wonder. Eugene Peterson</p>
16.12.19	Christmas 2	<p>This season, keep your eyes and heart open for unexpected ways that God will reveal to you the hope of Christmas. Jack Countryman</p> <p>The Christmas season is a time when churchgoers and non-churchgoers alike tend to experience strong spiritual longings. Whatever the longing looks like on the outside, for most of us, deep down it's a longing for an experience of something holy, something beautiful. Something like God. Quinn G. Caldwell</p> <p>The angels' visit to the shepherds became the first Christmas celebration. It's as though heaven and earth were celebrating it together, as though a portal to glory had been opened up. Greg Laurie</p>
6.1.20	New Year	<p>If you're reading this, I hope God opens incredible doors for your life this year. Greatness is upon you. You must believe it though. Germany Kent</p> <p>You can start anew at any given moment. Life is just the passage of time and it's up to you to pass it as you please. Charlotte Eriksson</p> <p>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</p>
13.1.20	Talent	<p>Talent is an accident of genes, and a responsibility. Alan Rickman</p> <p>If you're waiting until you feel talented enough to make it, you'll never make it. Criss Jami</p>

		<p>There are many talented people who haven't fulfilled their dreams because they over thought it, or they were too cautious, and were unwilling to make the leap of faith.</p> <p>James Cameron</p>
20.1.20	Judging People	<p>Do not judge. Assess.</p> <p>Naide P Obiang</p> <p>In leadership, life and all things it's far wiser to judge people by their deeds than their speech – their track record rather than their talk.</p> <p>Rasheed Ogunlaru</p> <p>Don't concern yourself with the opinions of those who judge you. That is placing on them an importance they do not have.</p> <p>Donna Lynn Hope</p>
27.1.20	Adversity	<p>Life's trials will test you, and shape you, but don't let them change who you are.</p> <p>Aaron Lauritsen</p> <p>Only the harshest personal experiences open our eyes to the immaculate possibilities and the splendour of our world.</p> <p>Kilroy J. Oldster</p> <p>And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about.</p> <p>Haruki Murakami</p>
3.2.20	Dreams	<p>I used to think as I looked out on the Hollywood night — there must be thousands of girls sitting alone like me, dreaming of becoming a movie star. But I'm not going to worry about them. I'm dreaming the hardest.</p> <p>Marilyn Monroe</p> <p>If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.</p> <p>Henry David Thoreau</p> <p>We tell people to follow their dreams, but you can only dream of what you can imagine, and, depending on where you come from, your imagination can be quite limited.</p> <p>Trevor Noah</p>
10.2.20	Safer Internet Day	<p>We all have a responsibility with the words we post on the internet. If you wouldn't want your mother, daughter, sister or friend to read it, don't post it.</p> <p>Germany Kent</p>

		<p>Every time you post something online, you have a choice. You can either make it something that adds to the happiness levels in the world—or you can make it something that takes away.</p> <p>Zoe Sugg</p> <p>The Net’s interactivity gives us powerful new tools for finding information, expressing ourselves, and conversing with others. It also turns us into lab rats constantly pressing levers to get tiny pellets of social or intellectual nourishment.</p> <p>Nicholas G. Carr</p>
24.2.20	The Power of Words	<p>Of all the weapons of destruction that man could invent, the most terrible - and the most powerful - was the word. Daggers and spears left traces of blood; arrows could be seen at a distance. Poisons were detected in the end and avoided. But the word managed to destroy without leaving clues.</p> <p>Paulo Coelho</p> <p>Words are powerful. Be careful how you use them because once you have pronounced them, you cannot remove the scar they leave behind.</p> <p>Vashti Quiroz-Vega</p> <p>Words are like eggs dropped from great heights; you can no more call them back than ignore the mess they leave when they fall.</p> <p>Jodi Picoult</p>
2.3.20	Be Yourself 2	<p>The easiest thing to be in the world is you. The most difficult thing to be is what other people want you to be. Don't let them put you in that position.</p> <p>Leo Buscaglia</p> <p>Beware trying to iron out all your quirks, perceived flaws and doubts. It's often these things that help you find strength, compassion, empathy for others and heart.</p> <p>Rasheed Ogunlaru</p> <p>The more you try to crush your true nature, the more it will control you. Be what you are. No one who really loves you will stop.</p> <p>Cassandra Clare</p>
9.3.20	Get on with it	<p>If we wait for the moment when everything, absolutely everything is ready, we shall never begin.</p> <p>Ivan Turgenev</p> <p>If you had started doing anything two weeks ago, by today you would have been two weeks better at it.</p>

		<p>John Mayer</p> <p>Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.</p> <p>H Jackson Brown Jr</p>
16.3.20	Honesty	<p>To be honest, as this world goes, is to be one man picked out of ten thousand.</p> <p>William Shakespeare</p> <p>Honesty is always the best policy, even when it's not the trend.</p> <p>Sean Covey</p> <p>The truth needs so little rehearsal.</p> <p>Barbara Kingsolver</p>
23.3.20	Easter 1	<p>We have been granted an exclusive part in the greatest story ever told. And without a doubt, to walk away from that part would be to write greatest tragedy ever conceived.</p> <p>Craig D Lounsbrough</p> <p>Life doesn't always go our way. But one thing we know and can stand upon. Jesus has burst open the gates of LIFE. So we look ahead with great joy. The Story of God is one of hope, promise and life eternal.</p> <p>Anusha Atukorala</p> <p>The Resurrection asserts a truth which by no means is always written legibly for all men on the face of nature. It tells us that the spiritual is higher than the material, that spirit counts for more than matter.</p> <p>HP Liddon</p>
30.3.20	Easter 2	<p>Jesus was born in a borrowed barn, he was buried in a borrowed tomb, and in-between it all he borrowed mankind's sin with the intent of never returning it.</p> <p>Craig D Lounsbrough</p> <p>The resurrection of Jesus means there is always the hope of a new day in every area of life.</p> <p>Tripp Prince</p> <p>To summarize, Easter Sunday is the most important Sunday. It is the Sunday of all Sundays. It is the day of the new beginning of the entire cosmos, the day of resurrection.</p> <p>Robert E Webber</p>
20.4.20	Communication	<p>Constantly talking isn't necessarily communicating.</p> <p>Charlie Kaufman</p>

		<p>The single biggest problem in communication is the illusion that it has taken place. George Bernard Shaw</p> <p>Many times in life I've regretted the things I've said without thinking. But I've never regretted the things I said nearly as much as the words I left unspoken. Lisa Kleypas</p>
27.4.20	Courage	<p>I wanted you to see what real courage is, instead of getting the idea that courage is a man with a gun in his hand. It's when you know you're licked before you begin, but you begin anyway and see it through no matter what. Harper Lee</p> <p>We believe in ordinary acts of bravery, in the courage that drives one person to stand up for another. Veronica Roth</p> <p>Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow. Mary Anne Radmacher</p>
4.5.20	Criticism	<p>To avoid criticism say nothing, do nothing, be nothing. Elbert Hubbard</p> <p>I much prefer the sharpest criticism of a single intelligent man to the thoughtless approval of the masses. Johannes Kepler</p> <p>I am my own biggest critic. Before anyone else has criticized me, I have already criticized myself. But for the rest of my life, I am going to be with me and I don't want to spend my life with someone who is always critical. So I am going to stop being my own critic. It's high time that I accept all the great things about me. C JoyBell C</p>
11.5.20	Education	<p>The principle goal of education in the schools should be creating men and women who are capable of doing new things, not simply repeating what other generations have done; men and women who are creative, inventive and discoverers, who can be critical and verify, and not accept, everything they are offered. Jean Piaget</p> <p>The extremists are afraid of books and pens, the power of education frightens them. They are afraid of women. Malala Yousafzai</p> <p>Human history becomes more and more a race between education and catastrophe. HG Wells</p>
18.5.20	Expectations	<p>I hope you do not let anyone else's expectations direct the course of your life. Julianne Donaldson</p>

		<p>A wonderful gift may not be wrapped as you expect. Jonathan Lockwood Huie</p> <p>Be realistic with your expectations. I'd really like to cuddle a unicorn, but it ain't going to happen. India Knight</p>
1.6.20	Freedom of Speech	<p>Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers. United Nations, Universal Declaration of Human Rights</p> <p>That said, the question remains: how to strike the balance between free speech and mutual respect in this mixed-up world, both blessed and cursed with instant communication? We should not fight fire with fire, threats with threats. Timothy Garton Ash</p> <p>It's freedom of speech, not freedom from consequences and/or ridicule. AE Samaan</p>
8.6.20	Insecurity	<p>The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel. Steven Furtick</p> <p>Insecurity takes on various disguises. Cockiness and arrogance are among the most common. Luigina Sgarro</p> <p>The older you get, the more you understand how your conscience works. The biggest and only critic lives in your perception of people's perception of you rather than people's perception of you. Criss Jami</p>
15.6.20	Life	<p>Everyone seems to have a clear idea of how other people should lead their lives, but none about his or her own. Paulo Coelho</p> <p>The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience. Eleanor Roosevelt</p> <p>Life is like riding a bicycle. To keep your balance, you must keep moving. Albert Einstein</p>
22.6.20	Think for yourself	You have to change your thinking if you desire to have a future different from your present.

		<p>Germany Kent</p> <p>Being your true self can only come from separating your thinking from crowd mentality. Edmond Mbiaka</p> <p>Thinking for yourself and making your own decisions can be frightening. Letting go of other people's expectations can leave you feeling empty for a time. And yet seeing yourself as an independent adult who can stand up for your own choices frees you to accept yourself as you are. Ellen Bass</p>
29.6.20	Failure	<p>Never confuse a single defeat with a final defeat. F Scott Fitzgerald</p> <p>You're not obligated to win. You're obligated to keep trying. To the best you can do every day. Jason Mraz</p> <p>Life is full of screwups. You're supposed to fail sometimes. It's a required part of the human existence. Sarah Dessen</p>
6.7.20	Resilience	<p>The human capacity for burden is like bamboo – far more flexible than you'd ever believe at first glance. Jodi Picoult</p> <p>Fall seven times, rise eight. Japanese Proverb</p> <p>Success and failure come and go, but don't let them define you. It's who you are that matters. Kamal Ravikant</p>
13.7.20	Moving On	<p>What's past is prologue, and the world awaits. Lisa Mantchev</p> <p>Perhaps that is where our choice lies - in determining how we will meet the inevitable end of things, and how we will greet each new beginning. Elana K. Arnold</p> <p>Life moves on and so should we. Spencer Johnson</p>