

# Quotes of the Day/Week/Month

Cut these quotes out & stick them up in your office/wall/room



**"Self-care is not selfish.  
You cannot serve from an  
empty vessel."  
-Eleanor Brown-**

**"A healthy attitude is  
contagious but don't wait  
to catch it from others. Be  
a carrier."  
-Tom Stoppard-**

**"A healthy outside starts  
from the inside."  
-Robert Urich-**

**"Health is a state of body.  
Wellness is a state of  
being."  
-J. Standord-**

**"You can't stop the  
waves, but you can learn  
to surf."  
-Jon Kabat-Zinn-**

**"Rest when you're weary.  
Refresh and renew  
yourself, your body, your  
mind, your spirit. Then get  
back to work."  
-Ralph Marston-**

**"Just one small positive  
thought in the morning  
can change your whole  
day."  
-Dalai Lama-**

**"You can, you should, and  
if you're brave enough to  
start, you will."  
-Stephen King-**

**"Gratitude empowers us  
to take charge of our  
emotional lives and, as a  
consequence, our bodies  
reap the benefits."  
-Robert Emmons-**

**"You are strong enough to  
face it all. Even if it doesn't  
feel like it right now."  
-Marianne Williamson-**

**"Remind yourself that you  
cannot fail at being  
yourself"  
-Unknown-**

**"Not every day is good  
but there is something  
good in every day."  
-Alice Morse Earl-**

# Add Your Own Quotes


