

“Joy is a net of love by which you can catch souls.” Mother Teresa

“When you do things from your soul you feel a river moving in you, a joy.” Rumi

“There is one thing one has to have: either a soul that is cheerful by nature, or a soul made cheerful by work, love, art and knowledge.” Friedrich Nietzsche

“I’m a painter first. I sing my sorrow and I paint my joy.” Joni Mitchell

“There is no beautifier of complexion, or form, or behavior, like the wish to scatter joy and not pain around us.” Ralph Waldo Emerson

“If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive.” Elenora Duse

“If there is a virtue in the world at which we should always aim, it is cheerfulness.” Edward G. Bulwer-Lytton

“What we really want to do is what we are really meant to do. When we do what we are meant to do, money comes to us, doors open for us, we feel useful, and the work we do feels like play to us.” Julia Cameron

“Enjoy the little things, for one day you may look back and realize they were the big things.” Robert Brault

“You’re braver than you believe, and stronger than you seem, and smarter than you think.” A.A. Milne

“Conquering any difficulty always gives one a secret joy, for it means pushing back a boundary-line and adding to one’s liberty.” Henri-Frederic Amiel

“Sunshine all the time makes a desert.” Arab Proverb

“Keep your face to the sunshine and you will never see the shadow.” Helen Keller

“Just living is not enough... One must have sunshine, freedom, and a little flower.” Hans Christian Anderson

“Sunshine cannot bleach the snow, Nor time unmake what poets know.” Ralph Waldo Emerson

“May you always walk in sunshine. May you never want for more. May Irish angels rest their wings right beside your door.” Irish Blessing

“May flowers always line your path and sunshine light your day. May songbirds serenade you every step along the way. May a rainbow run beside you in a sky that’s always blue. And may happiness fill your heart each day your whole life through.” Irish Blessing

“Those who bring sunshine to the lives of others cannot keep it from themselves.” James M. Barrie

“We are born in one day. We die in one day. We can change in one day. And we can fall in love in one day. Anything can happen in just one day.” Gayle Forman

“Light tomorrow with today.” Elizabeth Barrett Browning

“Rise above the storm and you will find the sunshine.” Mario Fernandez

“It always seems impossible until it’s done.” Nelson Mandela

“Count your age by friends, not years. Count your life by smiles, not tears.” John Lennon

“Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being.” Albert Schweitzer

“We come spinning out of nothingness, scattering stars, the stars form a circle...and in the centre we dance.” Rumi

“The best way to get rid of the pain is to feel the pain. And when you feel the pain and go beyond it, you’ll see there’s a very intense love that is wanting to awaken itself.” Deepak Chopra

“It is never too late to be what you might have been.” George Eliot

“Live as if you were to die tomorrow. Learn as if you were to live forever.” Mahatma Gandhi

“It is our choices, Harry, that show what we truly are, far more than our abilities.” JK Rowling

“A day without sunshine is like, you know, night.” Steve Martin

“Love all, trust a few, do wrong to none.” William Shakespeare

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.” Lao Tzu

“Sometimes the questions are complicated and the answers are simple.” Dr. Seuss

“We don’t see things as they are, we see them as we are.” Anaïs Nin

“There is no greater agony than bearing an untold story inside you.” Maya Angelou

“Not all of us can do great things. But we can do small things with great love.” Mother Teresa

“Life isn’t about finding yourself. Life is about creating yourself.” George Bernard Shaw

“Do one thing every day that scares you.” Eleanor Roosevelt

“It takes courage to grow up and become who you really are.”
E.E. Cummings

“Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.” Martin Luther King Jr.

“We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.” Plato

“There is a crack in everything. / That’s how the light gets in.”
Leonard Cohen

“You miss 100 percent of the shots you never take.” Wayne Gretzky

“All that is gold does not glitter, not all those who wander are lost; the old that is strong does not wither, deep roots are not reached by the frost. From the ashes a fire shall be woken, a light from the shadows shall spring; renewed shall be blade that was broken, the crownless again shall be king.” J.R.R. Tolkien

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” Francis of Assisi

“If opportunity doesn’t knock, build a door.” Milton Berle

“Try to be a rainbow in someone’s cloud.” Maya Angelou

“Death is not the biggest fear we have; our biggest fear is taking the risk to be alive — the risk to be alive and express what we really are.” Don Miguel Ruiz

“Fear less, hope more, eat less, chew more, whine less, breathe more, talk less, say more, hate less, love more, and good things will be yours.” Swedish Proverb

“You have to decide what your highest priorities are and have the courage — pleasantly, smilingly, non-apologetically — to say ‘no’ to other things. And the way to do that is by having a bigger ‘yes’ burning inside.” Stephen Covey