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Healthier Lives Worldwide

Words to Live By

48 Inspiring Quotes for the Year

Here's to new beginnings!



**LAUGHTER IS GOOD
FOR YOUR HEALTH.**



*A little bit
of magic
creates a whole lot
of miracles.*



**Sometimes,
a listener needs
a listener too.**





You are loved!



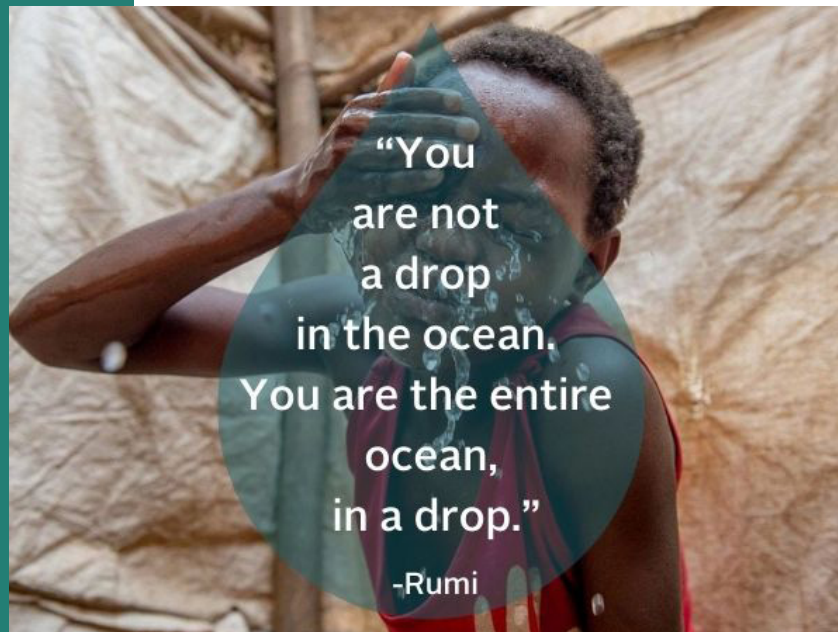
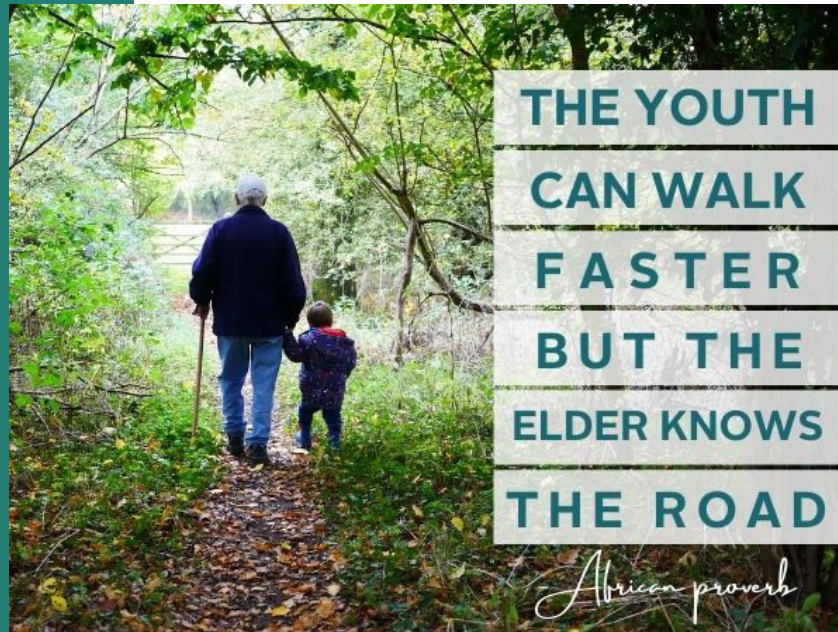
We may not be able
to help everyone, but
we can help someone.

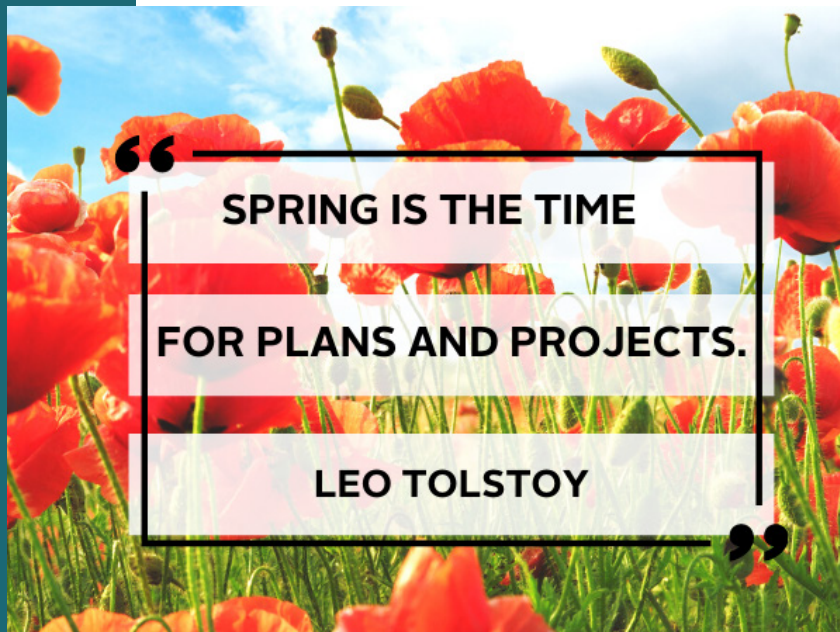
"You don't always need
a plan. Sometimes you
just need to breathe,
trust, let go, and see
what happens."

Gratitude is a powerful
catalyst for happiness.
It's the spark that lights
a fire of joy in your soul.

Amy Collette







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You can't
pour
from an
empty cup.

Take care of yourself first.



The smallest act of kindness
is worth more than the
grandest intention.

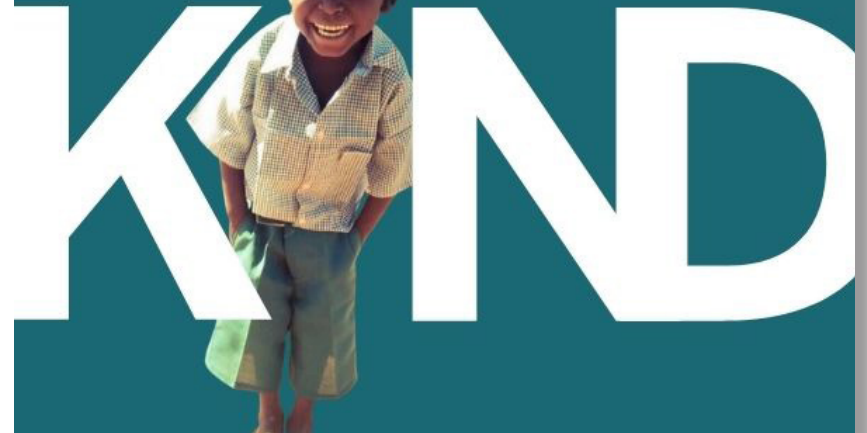


Oscar Wilde

If I know
what *love* is,
it's because of you.



Be the "i" in



Fun



*We have the power
of transformation
in our hands.*



We must be the change
we wish to see in the world.

Mahatma Gandhi



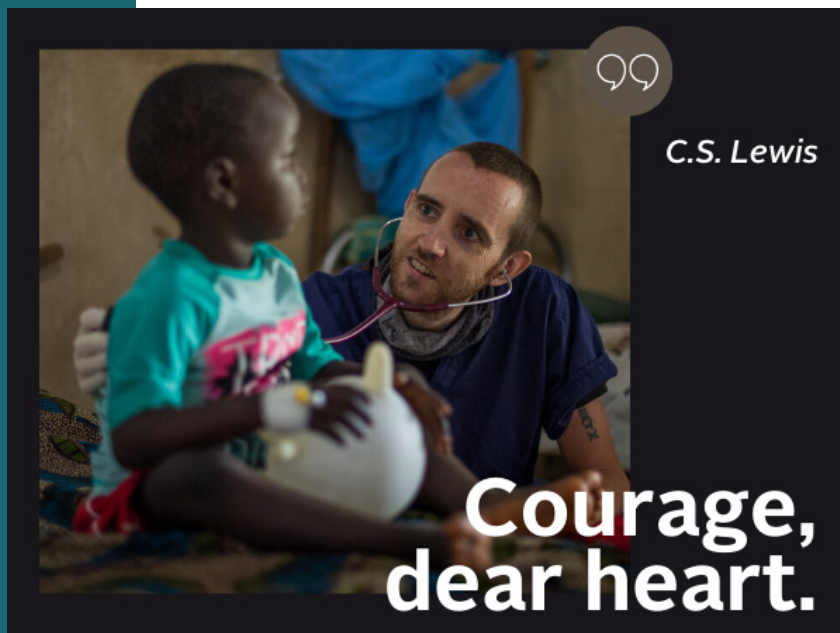
Just in case you have
forgotten today:

You matter.
You are loved.
You are worthy.
You are magical.



I am because you are.

**Happy
FATHER'S DAY**



We grow old
because
we stop
playing.



SMILE

*Your eyes sparkle
when you do.*



**"The time is always right
to do the right thing."**

— Martin Luther King Jr.



**"The people who are crazy
enough to think they can
change the world are the
ones who do."**

— Steve Jobs





*"Many small people,
in small places, doing
small things can
change the world."*

— Eduardo Galeano

BE SO HAPPY
THAT WHEN
OTHERS
LOOK AT YOU,
THEY BECOME
HAPPY TOO.



**"NOT ALL THOSE
WHO WANDER ARE LOST."**

- J.R.R. Tolkien

Do not let
the behavior
of others destroy
your inner peace.

-Dalai Lama




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When in **doubt**,
choose **change**.



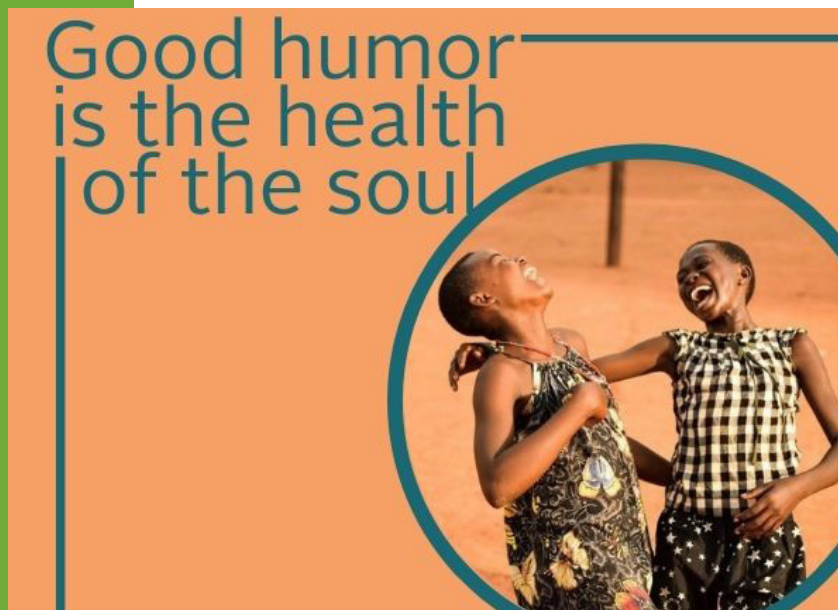
STRIVE FOR
PROGRESS,
NOT
PERFECTION.



SPEAK
UP,
EVEN IF
YOUR
VOICE
SHAKES



You are
so much
STRONGER
than you think.



Decide

Gratitude paints little
smiley faces on
everything it touches.



Just keep moving forward



*"And suddenly you know: It's time to start
something new and trust the magic of beginnings."*

Meister Eckhart





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