

courage



it is curious that physical courage be so
common in the world, and moral courage
so rare. – mark twain

wisdom



we don't inherit the earth from
our ancestors, we borrow it from
our children. – native american proverb

compassion



no act of kindness, no matter how
small, is ever wasted.— aesop

joy



if you carry joy in your heart,
you can heal any moment.

– carlos santana

strength



you're braver than you believe, and
stronger and smarter than you think.
—winnie the pooh