

Session 4

Worksheet 4.1 Quotes that speak to the person

Below are just a few quotes that some people have found helpful to offer inspiration. Ask whether there are other quotes, sayings and phrases that have meaning to the person you are working with and spend time thinking about why.

- Change your thoughts and you change your world. *Norman Vincent Peale*
- He who has health, has hope; and he who has hope, has everything. *Thomas Carlyle*
- If all you can do is crawl, start crawling. *Rumi*
- The journey of a thousand miles begins with a single step. *Lao Tzu*
- Whenever we talk about ourselves we tell stories. Without these stories, our experiences would sit – unconnected – like a thousand tiny beads. *Rachel Waddington, Symptom or Experience – Does language matter*
- Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. *St. Francis of Assisi*
- More powerful than the will to win is the courage to begin. *Unknown*
- From small beginnings come great things. *Proverb*
- Do what you can, with what you have, where you are. *Theodore Roosevelt*
- A hard beginning maketh a good ending. *John Heywood*
- Fall seven times, stand up eight. *Japanese proverb*
- Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. *Thomas Edison*
- Not how long, but how well you have lived is the main thing. *Seneca*
- Life is like playing a violin in public and learning the instrument as one goes on. *Samuel Butler*
- The beginning is always today. *Mary Wollstonecraft*