Anger:

“Just because you’re given an opportunity to get angry… Doesn’t mean you have to take it”

“Anger begins with madness and ends with regret

Disgust:

“Bitterness and love can’t live together in the same heart. Each day, we must decide which one gets to stay”

“Speak when you are angry – and you’ll make the best speech you’ll ever regret

Joy:

“When the Mind is Pure, Joy follows like a shadow that never leaves”

“Laugh as much as you breathe and love as long as you live”

Fear:

“The key to success is to focus our conscious mind on things we desire not things we fear.”

“Courage doesn’t mean you don’t get afraid, Courage means you don’t let fear stop you.”

Sadness:

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars’

“Remind yourself that it’s okay not to be perfect”