# Good Morning

 "The best way to start the day is with a grateful heart." — Anonymous​

 "Every sunrise is an invitation to brighten someone's day." — J.H. Miller

 "Good morning! Start your day with a smile and positive thoughts." — Anonymous​

 "A beautiful morning starts with a beautiful mindset." — Anonymous

 "Rise up and attack the day with enthusiasm." — Anonymous​

 "Every day is a new beginning. Take a deep breath, smile, and start again." — Anonymous​

 "Let today be the day you give up who you’ve been for who you can become." — Hal Elrod​

 "Wake up with determination, go to bed with satisfaction." — George Horace Lorimer​

 "An early-morning walk is a blessing for the whole day." — Henry David Thoreau​

 "With the new day comes new strength and new thoughts." — Eleanor Roosevelt

 "Each morning we are born again. What we do today is what matters most." — Buddha​

 "Morning is when I am awake and there is a dawn in me." — Henry David Thoreau​

 "Be willing to be a beginner every single morning." — Meister Eckhart​

 "Smile in the mirror. Do that every morning and you’ll start to see a big difference in your life." — Yoko Ono​

 "Lose an hour in the morning, and you will spend all day looking for it." — Richard Whately

# When You're Sad

 "Even the darkest night will end, and the sun will rise." — Victor Hugo​

 "Tears come from the heart and not from the brain." — Leonardo da Vinci​

 "Sadness flies away on the wings of time." — Jean de La Fontaine​

 "The walls we build around us to keep sadness out also keeps out the joy." — Jim Rohn​

 "Turn your wounds into wisdom." — Oprah Winfrey​

 "Although the world is full of suffering, it is also full of the overcoming of it." — Helen Keller​

 "Our greatest glory is not in never falling, but in rising every time we fall." — Confucius​

 "What brings us to tears, will lead us to grace. Our pain is never wasted." — Bob Goff​

 "The way sadness works is one of the strange riddles of the world. If you are stricken with a great sadness, you may feel that you have been set aflame, not only because of the enormous pain but also because your sadness may spread over your life, like smoke from an enormous fire." — Lemony Snicket​

 "Sadness is but a wall between two gardens." — Kahlil Gibran​

 "There is no despair so absolute as that which comes with the first moments of our first great sorrow." — George Eliot​

 "You cannot protect yourself from sadness without protecting yourself from happiness." — Jonathan Safran Foer​

 "Behind every sweet smile, there is a bitter sadness that no one can ever see and feel." — Tupac Shakur​

 "The word 'happy' would lose its meaning if it were not balanced by sadness." — Carl Jung​

 "Sometimes, we become sad because we know that certain things will never happen again." — Anonymous

# When You're Angry

 "For every minute you remain angry, you give up sixty seconds of peace of mind." — Ralph Waldo Emerson​

 "Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." — Mark Twain​

 "Speak when you are angry and you will make the best speech you will ever regret." — Ambrose Bierce​

 "Holding onto anger is like drinking poison and expecting the other person to die." — Buddha​

 "Anger dwells only in the bosom of fools." — Albert Einstein​

 "When angry, count to ten before you speak. If very angry, count to one hundred." — Thomas Jefferson​

 "Never respond to an angry person with a fiery comeback, even if he deserves it... Don't allow his anger to become your anger." — Bohdi Sanders​

 "A man is about as big as the things that make him angry." — Winston Churchill​

 "Anger is never without a reason, but seldom with a good one." — Benjamin Franklin​

 "He who angers you conquers you." — Elizabeth Kenny​

 "To be angry is to let others' mistakes punish yourself." — Buddha​

 "Anger is a wind which blows out the lamp of the mind." — Robert Green Ingersoll​

 "When you are angry, you're carrying the burden while the other person is out dancing." — Irish Proverb​

 "The greatest remedy for anger is delay." — Seneca​

 "Anger and intolerance are the enemies of correct understanding." — Mahatma Gandhi

# For Someone in Love

 "Whatever our souls are made of, his and mine are the same." — Emily Brontë​

 "I have loved none but you." — Jane Austen, *Persuasion*​

 "You are my sun, my moon, and all my stars." — E.E. Cummings​

 "I loved her against reason, against promise, against peace, against hope, against happiness, against all discouragement that could be." — Charles Dickens, *Great Expectations*​

 "You pierce my soul. I am half agony, half hope." — Jane Austen, *Persuasion*​

 "I wish you to know that you have been the last dream of my soul." — Charles Dickens, *A Tale of Two Cities*​

 "I would rather spend one lifetime with you than face all the ages of this world alone." — J.R.R. Tolkien, *The Lord of the Rings*​

 "You have bewitched me, body and soul, and I love, I love, I love you." — Jane Austen, *Pride and Prejudice*​

 "I wish I knew how to quit you." — Annie Proulx, *Brokeback Mountain*​

 "My heart is, and always will be, yours." — Jane Austen, *Sense and Sensibility*​

 "I am nothing special, of this I am sure. I am a common man with common thoughts and I've led a common life. There are no monuments dedicated to me and my name will soon be forgotten, but I've loved another with all my heart and soul, and to me, this has always been enough." — Nicholas Sparks, *The Notebook*​

 "We loved with a love that was more than love." — Edgar Allan Poe, *Annabel Lee*​

 "I love you not only for what you are, but for what I am when I am with you." — Elizabeth Barrett Browning​

 "You should be kissed and often, and by someone who knows how." — Margaret Mitchell, *Gone with the Wind*​

 "I wish you to know that you have been the last dream of my soul." — Charles Dickens, *A Tale of Two Cities*

# When You're Feeling Down

**Topic: When You're Feeling Down**  
**Message:** When you feel like quitting, think about why you started.  
**Author:** Anonymous

**Topic: When You're Feeling Down**  
**Message:** Tough times never last, but tough people do.  
**Author:** Robert H. Schuller

**Topic: When You're Feeling Down**  
**Message:** Stars can’t shine without darkness.  
**Author:** D.H. Sidebottom

**Topic: When You're Feeling Down**  
**Message:** You are stronger than you know, braver than you think, and more loved than you can imagine.  
**Author:** Anonymous

**Topic: When You're Feeling Down**  
**Message:** Every storm runs out of rain.  
**Author:** Maya Angelou

**Topic: When You're Feeling Down**  
**Message:** Life is very interesting... in the end, some of your greatest pains become your greatest strengths.  
**Author:** Drew Barrymore

**Topic: When You're Feeling Down**  
**Message:** It does not matter how slowly you go as long as you do not stop.  
**Author:** Confucius

**Topic: When You're Feeling Down**  
**Message:** Sometimes, the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe and have faith that everything will work out for the best.  
**Author:** Anonymous

**Topic: When You're Feeling Down**  
**Message:** This too shall pass.  
**Author:** Persian Proverb

**Topic: When You're Feeling Down**  
**Message:** A smooth sea never made a skilled sailor.  
**Author:** Franklin D. Roosevelt (often attributed)

**Topic: When You're Feeling Down**  
**Message:** The darkest hour is just before the dawn.  
**Author:** Thomas Fuller

**Topic: When You're Feeling Down**  
**Message:** Don't be afraid to start over. It's a chance to build something better.  
**Author:** Anonymous

**Topic: When You're Feeling Down**  
**Message:** You don't have to control your thoughts. You just have to stop letting them control you.  
**Author:** Dan Millman

**Topic: When You're Feeling Down**  
**Message:** You are allowed to scream, you are allowed to cry, but do not give up.  
**Author:** Anonymous

**Topic: When You're Feeling Down**  
**Message:** Rock bottom became the solid foundation on which I rebuilt my life.  
**Author:** J.K. Rowling

# When You're Feeling Happy

**Topic: When You're Feeling Happy**  
**Message:** Enjoy every moment—it’s a gift called the present.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Let your smile change the world.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Happiness is only real when shared.  
**Author:** Christopher McCandless

**Topic: When You're Feeling Happy**  
**Message:** Dance like nobody's watching, sing like nobody's listening.  
**Author:** William W. Purkey

**Topic: When You're Feeling Happy**  
**Message:** Spread your joy. The world needs more light.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Be happy for this moment. This moment is your life.  
**Author:** Omar Khayyám

**Topic: When You're Feeling Happy**  
**Message:** Keep shining—your joy is contagious.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Laughter is timeless, imagination has no age, and dreams are forever.  
**Author:** Walt Disney

**Topic: When You're Feeling Happy**  
**Message:** Capture the moment. Store it in your heart.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Joy multiplies when it's shared.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Happiness is not out there, it’s inside you.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** A cheerful heart is good medicine.  
**Author:** Proverbs 17:22 (Bible)

**Topic: When You're Feeling Happy**  
**Message:** Let the good vibes roll.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** You deserve every bit of this joy—bask in it.  
**Author:** Anonymous

**Topic: When You're Feeling Happy**  
**Message:** Smiles are free, but their value is priceless.  
**Author:** Anonymous

# Motivation for Study

**Topic: Motivation for Study**  
**Message:** The future belongs to those who prepare for it today.  
**Author:** Malcolm X

**Topic: Motivation for Study**  
**Message:** Don't watch the clock; do what it does. Keep going.  
**Author:** Sam Levenson

**Topic: Motivation for Study**  
**Message:** Every hour you invest in study is a step toward your dream.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** Success is the sum of small efforts, repeated day in and day out.  
**Author:** Robert Collier

**Topic: Motivation for Study**  
**Message:** Push yourself, because no one else is going to do it for you.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** The expert in anything was once a beginner.  
**Author:** Helen Hayes

**Topic: Motivation for Study**  
**Message:** Study now, relax later. The grind will pay off.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** Education is the most powerful weapon which you can use to change the world.  
**Author:** Nelson Mandela

**Topic: Motivation for Study**  
**Message:** Great things are not done by impulse, but by a series of small things brought together.  
**Author:** Vincent van Gogh

**Topic: Motivation for Study**  
**Message:** Your future self will thank you for the work you put in today.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** Don't limit your challenges—challenge your limits.  
**Author:** Jerry Dunn

**Topic: Motivation for Study**  
**Message:** It’s not about being the best, it’s about being better than you were yesterday.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** Discipline is the bridge between goals and accomplishment.  
**Author:** Jim Rohn

**Topic: Motivation for Study**  
**Message:** Study while others are sleeping. Learn while others are playing.  
**Author:** Anonymous

**Topic: Motivation for Study**  
**Message:** Knowledge will bring you the opportunity to make a difference.  
**Author:** Claire Fagin