



## QUOTE SHEETS

## GRIEVING

Gone from our sight,  
But never from our hearts.

Tenderly – May time heal your sorrow.  
Gently - May friends ease your pain.  
Softly – May peace replace heartache.  
And may the warmest memories remain.

It's ok to cry...  
Crying is a way your eyes speak when your mouth can't explain how broken your heart is.

It's hard to forget someone who gave you so much to remember.

Where there is deep grief,  
There was great love.

Sometimes memories sneak out of our eyes in the form of tears.

Missing someone is your heart's way of reminding you that you love them.

No rule book  
No timeframe  
No judgement  
Do what your soul needs.

Death leaves a heartache no one can heal.  
Love leaves a memory no one can steal.

I wish heaven had visiting hours.

Wishing you strength for today and hope for tomorrow.

I miss you as much as I love you with every ounce of my being.

I will always wonder  
Who you would have been.

I am here for you

You don't get "over" grief by forgetting... you get "through" grief by remembering.

I just miss you. That's all.

## HOPE

Anything can leave you but Hope  
Hope is always by your side

Each day is a gift.

I'll stand by you.

When it is dark enough, you can see the stars."

"When the world says  
Give up,  
Hope whispers....  
Try it one more time."

Kind Heart  
Fierce Mind  
Brave Spirit

H.O.P.E  
Hold on, pain ends

Never stop trying  
Never stop believing  
Never give up

"But as for me, I will always have hope."

Hope is the dream of a man awake."

"Once you choose hope, anything is possible."

#Blessed

Hope is the heartbeat of the soul.

Out of difficulties grow miracles

Hope is the little voice that whispers "maybe" when it seems the whole world is shouting "no"

Hope is grief's best music

Don't lose hope, when the sun goes down, the stars come out.

Don't lose hope – the darkest hour is just before dawn.

There is no such thing as ending, just a new beginning

Hope anchors the soul

Broken crayons still color

I hope you always find a reason to smile

Be joyful in hope, patient in affliction & faithful in prayer

The rarest blooms are enhanced by  
The coldness of winter.

Rock bottom became the solid foundation on which I rebuilt my life.

However long the night...  
The dawn will break.

You are not alone.

You will never be alone.

Not all storms come to disrupt your life. Some come to clear your path. – T. Mac

The best thing to hold on to in life is each other.

## ENCOURAGEMENT

What if....

Everything you're going through right now is preparing you for a dream bigger than you can imagine.

You

Yes You

Are Beautiful

You Matter

You are Important

You are loved

You will never be alone

You can & You will

Your loving spirit helped me find my own

You are worthy of happiness

Today is a new day

Just keep swimming

I'm here for you... always & forever

I can do hard things

When it hurts to look back and you're afraid to look forward...

Look beside you ~ I'll be there.

We rise by lifting others.

Today's a good day to have a good day.

You are the \_\_\_\_\_est person I know. (fill in the blank with a word that fits)

What makes you different is what makes you beautiful.

"You're braver than you believe,  
and stronger than you seem,  
and smarter than you think."

You can't always choose the path you walk in life,  
But you can always choose the way you walk it.

Your present situation is not your final destination

You have been my friend, and that alone is a tremendous thing. - Charlotte's Web

Remember that you are needed. There is at least one important work to be done that will not be done unless you do it.

Each day brings us a chance to do better and to make good.

Please don't ever let the sadness of your past  
Or the fear of your future  
Destroy the happiness that is waiting for you today

One small crack does not mean you are broken,  
It means that you were put to the test & you didn't fall apart.

And the day came when the risk to remain the same was greater than the risk to change...

Do what you can  
With what you have  
Wherever you are

Be Wise – Be Kind – Be True

God doesn't give us what we can handle... God helps us handle what we are given.

"We must bring our own light to the darkness."

Run your race... one step at a time.

"Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours."

HOTWIG – Hold On To What Is Good

Be gentle with yourself...  
You're doing the best you can.

Rock Bottom became the solid foundation on which I rebuilt my life.

"It's hard to forget someone who gave you so much to remember."

You, yes you, are special. Believe it.

Just as dew refreshes the wilting flower, tenderness restores the grieving heart.

... and tonight I'll fall asleep with you in my heart.

"We rise by lifting others."

Don't be stressed, remember you're Blessed.

## BE STRONG

The struggle you are in today is developing the strength you need for tomorrow.

Be STRONG when you are weak  
Be BRAVE when you are scared  
Have FAITH when you are doubting  
LOVE with your whole heart

Repeat after me:

I am stronger than this challenge and this challenge is making me stronger.

You never know how strong you are until being strong is the only choice you have.

Giving up is not an option

Some see a hopeless end, while others see endless hope.

Darkness cannot drive out darkness, only light can.

Don't stress the could haves...  
If it should have, it would have.

"Every flower must grow through dirt." – Laurie Jean Sennott

"Perhaps I am stronger than I think."

"Miracles happen every day."

"Every day is a new beginning."

"She believed she could...so she did."

"Never, never, never give up."

I think I can. I think I can. I think I can. I know I can.

Be Strong & Courageous

Out of suffering have emerged the strongest souls: the most massive characters are seared with scars.

Life's roughest storms prove the strength of our anchors.

Sometimes your only available transportation is a leap of faith.

I survived because the fire inside me burned brighter than the fire around me.

What lies behind us and what lies before us are tiny matters compared to what lies within us. – Ralph Waldo Emerson

Start every day with a grateful heart.

You are... Braver and Stronger than you think

Chose being kind over being right and you will be right every time.

“Bloom where you are planted.”

You can't stop the waves, but you can learn to surf.

Be brave, my heart. Have courage, my soul.

Not every day is good...

But you CAN find some good in every day.

**BE**lieve

**THE**re is

**GOOD**

In the world

Whenever you start doubting yourself, remember how far you've come. Remember everything you've faced all the battles you have won and all the fears you have overcome.

The one who falls and gets up is so much stronger than the one who never fell.

It's always too soon to give up.

I am not afraid of storms, for I am learning how to sail my ship. – l.m.alcott



## LOVE

I love you

I love you. I care.

Have I told you lately that I love you?

Love is louder

Love always wins

Choose Love

Love with your whole heart

Where there is life, there is love.. Where there is love, there is hope.

Love... it always protects, always trusts, always hopes, always perseveres.

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

We are all broken,  
That's how the light gets in.

I caught myself smiling for no reason, then I realized I was thinking of you.

Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that. - MLK

Friends are angels who lift us to our feet when our wings have trouble remembering how to fly.

"One word frees us of all the weight and pain of life: that word is LOVE

We love because He first loved us." – 1 John 4:19

I love you to the moon and back.

## SHORT – Mantra Words, Single Words

The person's name

Love

Believe

Hope

Faith

Loved

True

Family

Strong

Grateful

Brave

Peace

Hi

Be – *you* - tiful

Be the Good

Have Courage

Faith. Hope. Love

Choose joy!

I can do hard things.

## SCHOOL STRUGGLES

They laugh at me because I'm different. I laugh at them because they're all the same.

We all know there is someone out there standing up for what is right.

Whoever is trying to bring you down, is already below you.

Be yourself, everyone else is taken.

Dare to be different

Stay true to who you are

Be yourself, an original is more valuable than a copy.

Those who judge will never understand, and those who understand will never judge.

I am in charge of how I feel  
And today I choose Happy.

You haven't lost your smile,  
It's right under your nose...  
You just forgot it's there.

Don't try to hard to fit in...  
You were born to stand out!

Keep your eyes on the stars and your feet on the ground.

Comparison is the thief of joy.

Know that there is something inside of you that is greater than any obstacle.

Don't let the world make you hard  
Don't let the pain make you hate  
Don't let the bitterness steal your sweetness,  
Don't let your sadness get in your way.  
For you are born to do beautiful things.

We are not given a good life or a bad life.  
We are given a life.  
It's up to us to make it good or bad.

Be a reflection of what you'd like to see in others:  
If you want love, give love  
If you want honesty, give honesty,  
If you want respect, give respect.  
What you give will return

Tomorrow is fresh with no mistakes in it.

It's always too early to quit.

The future is unwritten.

Don't let yesterday use up too much of today.

## COMFORT DOG QUOTES

Be the person your dog thinks you are

Love on a leash!

A Dog Wags it's Tail with It's Heart

Dogs leave pawprints on our hearts

Practice the Paws:

~ Paws to breath

~ Paws to believe

~ Paws to pray

Not every person knows how to love a dog. But every dog knows how to love a person...

## HAPPY

"SMILE! Happy looks great on you!"

"Throw kindness around like confetti!"

Do what makes your soul shine!

Feel the power of a smile

Let your light shine

Shine Bright

Be Kind. Be one of a kind.

We shall never know all the good that a simple smile can do

When you see someone without a smile, give them yours

Oh Hey There!

Chin Up Buttercup

## APPRECIATION

Take a moment to appreciate how awesome you are.

Thank you for staying by my side even though I tried to push you away.

Today you are You – that is truer than true. There is no one alive who is Youer than You! – Dr Seuss

Thank you for helping me to smile.

Thank you for being awesome.

You're a whole lot of lovely.

Yes, you.

My life is better by your kindness. Thank you.

I would thank you from the bottom of my heart,  
But for you my heart has no bottom.

It takes a big heart to do what you do. Thank you.

You are always such a beautiful and kind-hearted person. I am lucky to have you in my life.

Today I'm thankful for you.

You are treasured.

A teacher takes a hand, opens a mind & touches a heart.

No one is more cherished in this world than someone who lightens the burden of another.  
Thank you.

You're awesome. True story.