

## Documents for Teachers

### Quotes

#### Happiness

*True happiness is not attained through self-gratification, but through fidelity to a worthy purpose.*

Helen Keller

*Happiness is man's greatest aim in life. Tranquility and rationality are the cornerstones of happiness.*

Epicurus

*Happiness is the meaning and the purpose of life, the whole aim and end of human existence.*

Aristotle

*Let's define happiness as a feeling of contentment created when all of one's physical, emotional, psychological, intellectual and spiritual needs have been gratified.*

Excerpted from *12 Steps 2 Self Esteem*

*Happiness is mostly a by-product of doing what makes us feel fulfilled.*

Dr. Benjamin Spock

*Happiness is not in having or being—it is in the doing.*

Lillian Watson

#### Peace

*When you find peace within yourself, you become the kind of person who can live at peace with others.*

Peace Pilgrim

*Peace begins when the hungry are fed.*

Anonymous

*"Until you make peace with who you are, you'll never be content with what you have."*

Doris Mortman

*If we have no peace, it is because we have forgotten that we belong to each other.*

Mother Teresa

*People say "I want peace." If you remove I (ego), and your want (desire), you are left with peace.*

Satya Sai Baba

#### Pleasure

*Whenever you are sincerely pleased you are nourished.*

Ralph Waldo Emerson

*Pleasures lie thickest where no pleasures seem; There's not a leaf that falls upon the*

*ground but holds some joy of silence or of sound, Some sprite begotten of a summer dream.*

Laman Blanchard

*Follow pleasure, and then will pleasure flee, Flee pleasure, and pleasure will follow thee.*

John Heywood

*Most men pursue pleasure with such breathless haste that they hurry past it.*

Soren Kierkegaard

*There is something self-defeating in the too-conscious pursuit of pleasure.*

Max Eastman

## **Life Purpose**

*One of the most courageous things you can do is identify yourself, know who you are, what you believe in and where you want to go.*

Sheila Murray Bethel

*Being committed to some goal in your life-a sense of having a mission, a purpose, even a calling-is a very motivating, very comforting thing. Some people's mission steps up to greet them, others have to hunt theirs down.*

Unknown

*Life's most urgent question is: What are you doing for others?*

Martin Luther King, Jr.

*As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the 'atomic age' -- as in being able to remake ourselves.*

Gandhi

*Manifest plainness,*

*Embrace simplicity,*

*Reduce selfishness,*

*Have few desires.*

Lao-Tzu, *Tao Te Ching*

*Develop an interest in life as you see it; the people, things, literature, music-the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself.*

Henry Miller