



WORDS TO

MOVE

You

PRINTABLE QUOTE CARDS · VISION BOARD

48 quotes to inspire your mind, body & heart



COMMUNITY & CONNECTION

Alone, we can do so little; together, we can do so much.

HELEN KELLER

WE DON'T HEAL IN ISOLATION, BUT IN COMMUNITY.

S. KELLEY HARRELL

A candle loses nothing by lighting another candle.

JAMES KELLER

Community is much more than belonging to something; it's about doing something together that makes belonging matter.

BRIAN SOLIS

Coming together is a beginning; keeping together is progress; working together is success.

HENRY FORD

THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS.

CORETTA SCOTT KING

STRENGTH & RESILIENCE

**Fall down seven times,
get up eight.**

JAPANESE PROVERB

**Where there is no struggle,
there is no strength.**

OPRAH WINFREY

*What makes you different or
weird, that's your strength.*

MERYL STREEP

**OUR GREATEST GLORY IS
NOT IN NEVER FALLING BUT
IN RISING EVERY TIME WE
FALL.**

CONFUCIUS

For a tree to become tall
it must grow tough roots
among the rocks.

FRIEDRICH NIETZSCHE

*Anyone can hide. Facing
up to things, working
through them, that's what
makes you strong.*

SARAH DESSEN

YOU ARE AMAZING

**Beauty is not in the face;
beauty is a light in the heart.**

KHALIL GIBRAN

**SHE BELIEVED SHE
COULD, SO SHE DID.**

R.S. GREY

*You are the one that possesses the keys to your being.
You carry the passport to your own happiness.*

DIANE VON FURSTENBERG

*You alone are enough. You
have nothing to prove to
anybody.*

MAYA ANGELOU

Remember that wherever your heart
is, there you will find your treasure.

PAULO COELHO

**I AM NOT WHAT HAPPENED TO ME. I AM WHAT I CHOOSE TO
BECOME.**

CARL JUNG

BLOSSOM & GROWTH

*Like wildflowers; you must
allow yourself to grow in
all the places people
thought you never would.*

E.V.

Flowers don't tell; they show.

STEPHANIE SKEEM

**A FLOWER DOES NOT USE WORDS TO ANNOUNCE
ITS ARRIVAL TO THE WORLD; IT JUST BLOOMS.**

MATSHONA DHLIWAYO

*And the day came when the risk to remain tight in a
bud was more painful than the risk it took to blossom.*

ANAÏS NIN

If you look the right way, you can see
that the whole world is a garden.

FRANCES HODGSON BURNETT

**She sprouted love like flowers, grew
a garden in her mind, and even on
the darkest days, from her smile the
sun still shined.**

ERIN HANSON

FLOW & SURRENDER

**Those who flow as life
flows know they need no
other force.**

LAO TZU

**LET IT COME. LET IT
GO. LET IT FLOW.**

ANONYMOUS

*You're thinking too much,
just let it flow.*

E. PALUSZAK

*Everything is temporary. Emotions,
thoughts, people, and scenery. Do not
become attached. Just flow with it.*

ANONYMOUS

**Be still like a mountain and flow like a great
river.**

LAO TZU

Life is a series of natural and spontaneous changes. Don't resist them. Let things flow naturally forward in whatever way they like.

LAO TZU

SERENITY & INNER PEACE

Peace comes from within. Do not seek it without.

BUDDHA

Within you, there is a stillness and a sanctuary to which you can retreat at any time.

HERMANN HESSE

Serenity is not freedom from the storm, but peace amid the storm.

UNKNOWN

THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER.

WILLIAM JAMES

Almost everything will work again if you unplug it for a few minutes, including you.

ANNE LAMOTT

You don't have to control your thoughts. You just have to stop letting them control you.

DAN MILLMAN

SELF-CARE & SELF-LOVE

**Talk to yourself like
someone you love.**

BRENÉ BROWN

*Be you, love you.
All ways, always.*

ALEXANDRA ELLE

*Self-care is giving the world the
best of you, instead of what's left of
you.*

KATIE REED

**Love yourself first and
everything else falls into line.**

LUCILLE BALL

Rest and self-care are so important. When
you take time to replenish your spirit, it
allows you to serve others from the
overflow.

ELEANOR BROWNN

**Nurturing yourself is not selfish —
it's essential to your survival and
your well-being.**

RENEE PETERSON TRUDEAU

THRIVING & MOMENTUM

DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.

SAM LEVENSON

Happiness is not something ready-made. It comes from your own actions.

DALAI LAMA

Life is not about finding yourself. Life is about creating yourself.

GEORGE BERNARD SHAW

The future belongs to those who believe in the beauty of their dreams.

ELEANOR ROOSEVELT

IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN.

GEORGE ELIOT

The only impossible journey is the one you never begin.

TONY ROBBINS

MOVEMENT AFFIRMATIONS

The body achieves what the mind believes.

UNKNOWN

I'm already amazing. This practice just reminds me.

MERRYBODY

Breathing is the first act of life and the last. Our very life depends on it.

JOSEPH PILATES

Yoga is not about touching your toes, it is what you learn on the way down.

JIGAR GOR

Movement is a medicine for creating change in a person's physical, emotional, and mental states.

CAROL WELCH

I'M NOT HERE TO BE PERFECT. I'M HERE TO BE REAL, AND TO MOVE IN A WAY THAT FEELS GOOD.

THE MERRYMAKER SISTERS

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