

Reframing Thoughts - Quotes

Each situation has a good side and a bad side. Each moment you decide.

-Unknown

Attitude is the paintbrush with which we color the world.

-Ancient proverb

No one can make you feel inferior except yourself.

-Eleanor Roosevelt

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

-Marcel Proust

A man is as happy as his mind allows him to be.

-Abraham Lincoln

Man is not disturbed by events, but by the view he takes of them.

-Epictetus

I have not failed 10,000 times. I have successfully found 10,000 ways that will not work.

-Thomas Edison

Wherever the mind goes, the body follows.

-Chinese proverb

Open your mind to the power of self-suggestion.

-Johannes Schultz

How we see the problem is the problem.

-Steven Covey

If your mind isn't clouded by unnecessary things, this is the best season of *your life*.

- Wu-Men

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

-Jon Kabat-Zinn



ILLINOIS
HUMAN
RESOURCES

UI Wellness
Center

