

TAKE WHAT YOU NEED

COURAGE

Speak your mind, even if your voice shakes. -Maggie Kuhn

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HOPE

You are full of unshaped dreams... You are laden with beginnings... There is hope in you... -Lola Ridge

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STRENGTH

The world breaks everyone, and afterward, some are strong at the broken places. -Ernest Hemingway

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LOVE

The only method of receiving love is to give love, because what we give out must come back. -Lester Levenson

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CONFIDENCE

If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced. -Vincent Van Gogh

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JOY

The more you praise and celebrate your life, the more there is in life to celebrate. -Oprah

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BRAVERY

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened. -Billy Graham

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HAPPINESS

There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will. -Epictetus

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FAITH

Faith is the art of holding on to things your reason has once accepted in spite of your changing moods -C.S. Lewis

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KINDNESS

We make a living by what we get. We make a life by what we give. -Winston Churchill

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