

Shared by Sheri Stern

Here are some EMPOWERING quotes for your personal use - feel free to share them with many others. So many have inspired me - as I hope they'll inspire YOU as well:

** 2/2016: Another fine example of women in our [U.S. Army](#) making history, Sgt. Heather Lynn Johnson is the first woman to guard the Tomb of the Unknowns at Arlington National Cemetery. Sgt. Heather Lynn Johnson earned the prestigious tomb guard badge to become the first female sentinel at Arlington National Cemetery. Hooah!!



** "Well-behaved Women seldom make history." -- Laurel Thatcher Ulrich

** Maybe the Journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you so you can be who you were meant to be in the first place. -- Unknown Source

** "The Circles of Women around us weave invisible nets of Love that carry us when we're weak & sing with us when we're strong." -- Sark

** History, despite its wrenching pain, cannot be unlived. But when faced with Courage, it need never be lived again. -- Maya Angelou

** "Forgiveness cleanses your Heart the way water cleanses the body." -- Anita

** "Peace is the result of retraining your mind to process Life AS IT IS . . . rather than as you think it should be. -- Wayne Dyer

** Financial Advice:

- David Kyle:

- 1) Buy what you need.
- 2) Save what you can.
- 3) Give what is right.
- 4) Enjoy what is left.

- Bill Dwight: Spend, Save, Donate

- May Annie Richent [Oklahoma, 1940]: "Use it up, wear it out, make it do, do without."

** "BE the Change you wish to see in the World." -MahatmaGandhi

** "Live, Love, Laugh" -- Unknown Source

EMPOWERING Quotes

- ** "Every time we bring the past into the present, we're programming the future to look just like it." -- Marianne Williamson
- ** "As far as you my friend, you are a victim of disorganized thinking. You are under the unfortunate delusion that simply because you run away from danger you have no courage! You are confusing Courage with Wisdom." -- The Wizard of Oz to the Lion
- ** "When you show up authentic, you create the space for others to do the same. Walk in Your Truth." -- Cory Booker
- ** "I am not what I have done. I am what I have overcome." -- Unknown Source
- ** "Be kind to every person you meet, for you never know what battle they are waging inside." - Unknown Source
- ** "People cry not because they are weak, but because they have been strong for too long." -- Jonny Depp
- ** "Remember, if there is a change in pressure [in an airplane] & the oxygen mask drops down, PLACE YOUR OWN OXYGEN MASK ON FIRST - THEN ASSIST OTHERS." -- source: every American Airline Flight Attendant
- ** "Feel the Fear, & do it anyway!" -- Susan Jeffers [also the title of her book]
- ** I AM enough! -- Unknown Source
- ** "You gain strength, courage, & confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do." -- Eleanor Roosevelt

** Our Deepest Fear, by Marianne Williamson [⊘ quoted by Nelson Mandela @ his South African Presidential Inaugural Speech]: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of G-d. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of G-d that is within us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

** "If you are not willing to risk the usual, you will have to settle for ordinary." -- John Rohn

** "there came a moment in the middle of the song when she suddenly felt every heartbeat in the room ⊘ after that she never forgot she was part of something much bigger." -- Connection, by Brian Andreas

** "I am the Captain of My Ship. I am the Master of My Fate." -- Nelson Mandela

* STRONG WOMEN:

May we know them . . .

May we be them . . .

May we raise them . . . [Unknown Source]

* Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray. -- Rumi

* "Have the Courage to follow your heart & intuition. They somehow already know what you truly want to become. Everything else is secondary." -- Steve Jobs

* "Our job as humans is to hold on to the thoughts of what we want, make it absolutely clear in our minds what we want, and from that we start to invoke one of the greatest laws in the Universe, and that's the law of attraction. You become what you think about most, but you also attract what you think about most." -- John Assaraf

* "Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (creation), there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves, too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no [wo]man could have dreamt would have come his [her] way. I have learned a deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it. / Boldness has genius, power, and magic in it." -- Mountaineer W. H. Murray [brackets inserted by Sheri]

* "What you resist persists." -- Carl Jung

* "Take the first step in faith. You don't have to see the whole staircase. Just take the first step." -- Dr. Martin Luther King, Jr.

* "All that we are is a result of what we have thought." -- Buddha

* "Imagination is everything. It is the preview of life's coming attractions." -- Albert Einstein

EMPOWERING Quotes

- * "Whatever the mind . . . can conceive it can achieve." -- W. Clement Stone
- * "Whether you think you can or think you can't, either way you are right." -- Henry Ford
- * Re-examine all that you have been told . . . dismiss that which insults your Soul. -- Walt Whitman
- * Write down 3 Women who've influenced you, & how:
 - 1 from Biblical days
 - 1 from the 21st Century
 - 1 from the Civil Rights Movement [Unknown Source]
- * Write down 3 Men who've influenced you, & how: as above
- * "Remember, what you continually talk about, comes about." -- Jack Canfield
- * "First keep Peace with yourself, then you can also bring Peace to others." -- Thomas Kempis
- * "Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures." -- John F. Kennedy
- * "There are those who look at things the way they are, and ask why . . . I dream of things that never were, and ask why not?" -- Robert F. Kennedy
- * "Only those who dare to fail greatly can ever achieve greatly." -- Robert F. Kennedy
- * "In a gentle way, you can shake the world." -- Gandhi
- * "Action expresses priorities." -- Gandhi

* "Ask not what America [Your Country] will do for you, but what together we can do for the freedom of man [♀ woman]."

[brackets added by Sheri]

* "There is a higher court than courts of justice and that is the court of conscience. It supercedes all other courts." -- Gandhi

* "The best way to find yourself is to lose yourself in the service of others." -- Gandhi

* "A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history." -- Gandhi

* "To believe in something, and not to live it, is dishonest." -- Gandhi

* "The difference between what we do and what we are capable of doing would suffice to solve most of the world's problems." -- Gandhi

* "I shall pass this way but once; any good that I can do or any kindness I can show to any human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again." -- attributed to Etienne de Grellet/Quaker Missionary, ♀ Gandhi

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"I am only one,
but I am one.
I cannot do everything,
but I can do something.
And because I cannot
do everything,
I will not refuse to do
the something that
I can do."

-- attributed to Edward Everett Hale ♀ Helen Keller