



Encyclopedia of virtue

“To be a virtuous person is to display, by acts of will, all or at least most of the six ubiquitous virtues: wisdom, courage, humanity, justice, temperance, and transcendence.”

Martin Seligman

1. Virtue. Wisdom and knowledge

“Cognitive strengths that entail the acquisition and use of knowledge.”

Christopher Peterson, Martin Seligman

“Socrates defends the thesis that there is only one virtue - knowledge, and that people act wickedly only unknowingly.”

<https://www.journals.vu.lt/problemos/article/view/6638/4675>

“We can know only that we know nothing. And that is the highest degree of human wisdom.”

Leo Tolstoy, War and Peace

“It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err.”

Mahatma Gandhi

“The fool doth think he is wise, but the wise man knows himself to be a fool.”

William Shakespeare

“Perfect wisdom has four parts: Wisdom, the principle of doing things aright. Justice, the principle of doing things equally in public and private. Fortitude, the principle of not fleeing danger, but meeting it. Temperance, the principle of subduing desires and living moderately.”

Plato

“Knowing yourself is the beginning of all wisdom.”

Aristotle

“The only true wisdom is in knowing you know nothing.”

Socrates

“In a good bookroom you feel in some mysterious way that you are absorbing the wisdom contained in all the books through your skin, without even opening them.”

Mark Twain

“Any fool can know. The point is to understand.”

Albert Einstein

“By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.”

Confucius



“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.”

Rumi

“Knowledge will give you power, but character respect.”

Bruce Lee

1.1. Creativity [originality, ingenuity]

“Thinking of novel and productive ways to conceptualize and do things; includes artistic achievement but is not limited to it.”

Christopher Peterson, Martin Seligman

“Creativity is any act, idea, or product that changes an existing domain, or that transforms an existing domain into a new one... What counts is whether the novelty he or she produces is accepted for inclusion in the domain.”

Mihaly Csikszentmihalyi

“Creativity is the process of bringing something new into being. Creativity requires passion and commitment. It brings to our awareness what was previously hidden and points to new life. The experience is one of heightened consciousness: ecstasy.”

Rollo May

“Any thinking process in which original patterns are formed and expressed.”

H. H. Fox

“Creative thinking involves imagining familiar things in a new light, digging below the surface to find previously undetected patterns, and finding connections among unrelated phenomena.”

Roger von Oech

“The most beautiful things in the world cannot be seen or touched, they are felt with the heart.”

Antoine de Saint-Exupéry, The Little Prince

1.2. Curiosity [interest, novelty-seeking, openness to experience]

“Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.”

Christopher Peterson, Martin Seligman

“Be less curious about people and more curious about ideas.”

Marie Curie

“Curiosity will conquer fear even more than bravery will.”

James Stephens

“Research is formalized curiosity. It is poking and prying with a purpose. It is a seeking that he who wishes may know the cosmic secrets of the world and they that dwell therein.”

Zora Neale Hurston



“So blind is the curiosity by which mortals are possessed, that they often conduct their minds along unexplored routes, having no reason to hope for success, but merely being willing to risk the experiment of finding whether the truth they seek lies there.”

René Descartes

“Curiosity is the essence of human existence. 'Who are we? Where are we? Where do we come from? Where are we going?'... I don't know. I don't have any answers to those questions. I don't know what's over there around the corner. But I want to find out.”

Gene Cernan

“I think if you are curious, you create opportunities, and then if you open the doors, you create possibilities.”

Mario Testino

“We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.”

Walt Disney

“Critical thinking and curiosity are the key to creativity.”

Amala Akkineni

“Human spirit is the ability to face the uncertainty of the future with curiosity and optimism. It is the belief that problems can be solved, differences resolved. It is a type of confidence. And it is fragile. It can be blackened by fear and superstition.”

Bernard Beckett

“Live a life full of humility, gratitude, intellectual curiosity, and never stop learning.”

Gza

“The four characteristics of humanism are curiosity, a free mind, belief in good taste, and belief in the human race.”

E. M. Forster

1.3. Open-mindedness [judgment, critical thinking]

“Thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly”.

“Critical thinking and curiosity are the key to creativity.”

Amala Akkineni

“By all means let's be open-minded, but not so open-minded that our brains drop out.”

Richard Dawkins

“Open-mindedness is the sibling of peace.”

Salman Rushdie

“Without an open-minded mind, you can never be a great success.”

Martha Stewart



“The older I get, the more open-minded I get, the less judgmental I get.”

Gwyneth Paltrow

“Be very, very patient and very open-minded, and listen to what people have to say.”

A. J. McLean

1.4. Love of learning

“Mastering new skills, topics, and bodies of knowledge, whether on one’s own or formally; obviously related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows”.

Christopher Peterson, Martin Seligman

“One of my signature strengths is the love of learning, and by teaching, I have built it into the fabric of my life. I try to do some of it every day.”

Martin Seligman

“Tell me and I forget. Teach me and I remember. Involve me and I learn”.

Benjamin Franklin

“Even today, I dare not say that I have reached a state of achievement. I’m still learning, for learning is boundless.”

Bruce Lee

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”

Pele

“A love of books, of holding a book, turning its pages, looking at its pictures, and living its fascinating stories goes hand-in-hand with a love of learning.”

Laura Bush

“I love school, and I love learning, and school really does inspire me for a lot of my writing - just being in public school with people and watching things happen.”

Brynn Cartelli

“I was never told that the purpose of school was to get a job at the end of it. What was pushed on me was a love of learning, probably because my parents didn't have access to a great education.”

Nicola Walker

1.5. Perspective [wisdom]

“Being able to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people”.

Christopher Peterson, Martin Seligman



“Perspective means the ability to see the bigger picture in life. Perspective is about being able to see the forest as well as the trees, to avoid getting wrapped up in the small details when there are bigger issues to consider. While listening to others, perspective helps you to simultaneously think about life lessons, proper conduct, and what’s best for the situation being discussed. This ability to look at systems as a whole, or to think in big terms, helps you to offer good advice. Perspective is distinct from intelligence but represents a high level of knowledge, the capacity to give advice and to recognize and weight multiple sides before making decisions. It allows the individual to address important questions about the conduct and meaning of life.”

<https://www.viacharacter.org/character-strengths/perspective>

“I give advice to others by considering different (and relevant) perspectives and using my own experiences and knowledge to clarify the big picture”.

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2. Virtue. Courage

“Emotional strengths that involve the exercise of will to accomplish goals in the face of opposition, external or internal.”

Christopher Peterson, Martin Seligman

“Courage describes strengths that help you exercise your will and face adversity.”

<https://www.viacharacter.org/character-strengths/courage>

“Self-control is the chief element in self-respect, and respect of self, in turn, is the chief element in courage.”

Thucydides

“Never forget your words have immense power. Like a magical elixir, they can open minds, heal hearts and inspire courageous acts.”

Marie Forleo

“Mistakes are always forgivable, if one has the courage to admit them.”

Bruce Lee

“When life gives you obstacles, you must summon the courage and walk on!”

<https://lovequotes.symphonyoflove.net/bruce-lee-love-quotes-and-love-sayings.html>

“It is curious that physical courage should be so common in the world and moral courage so rare.”

Mark Twain

“Courage is doing it scared”.

Jill Briscoe

“Courage is the first of human virtues because it makes all others possible.”

Aristotle

“You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.”

Aristotle

“With courage and hope, we can conquer our fears and do what we once believed impossible.”

Juliet Marillier

“I beg you take courage; the brave soul can mend even disaster.”

Catherine the Great

“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.”

W. Clement Stone

2.1. Bravery [valor]

“Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular; includes physical bravery but is not limited to it.”

Christopher Peterson, Martin Seligman



“To be brave is to face your challenges, threats, or difficulties. It involves valuing a goal or conviction and acting upon it, whether popular or not. A central element involves facing – rather than avoiding – fears.”

“There are three types of bravery (an individual may possess one of these or a combination):

- Physical bravery (e.g., firefighters, police officers, soldiers),
- Psychological bravery (e.g., facing painful aspects of oneself),
- Moral bravery (e.g., speaking up for what's right, even if it's an unfavorable opinion to a group).”

<https://www.viacharacter.org/character-strengths/bravery>

“I act on my convictions, and I face threats, challenges, difficulties, and pains, despite my doubts and fears.”

<https://www.viacharacter.org/character-strengths/bravery>

It is better to be a lion for a day than a sheep all your life

<https://mighty-minds.mybigcommerce.com/mini-poster-bravery/>

“Aristotle asks the question, What does a brave person find frightening? He answers with, a brave person is frightened by the same things any human can find irresistible, but the difference is that he will stand firm against it until the end, and he is not frightened by things which are not irresistible. “Hence whoever stands firm against the right things and fears the right things, for the right end, in the right way, at the right time, and is correspondingly confident is the brave person.”(1115b 15-20) Aristotle then explains that a brave person aims at what is fine. What is fine to a brave person is bravery. Therefore the end is fine, since each thing is defined by its end.”

<https://www.bartleby.com/essay/The-Virtue-of-Bravery-PK3DLWZTJ>

“he who faces and fears those fearful things which he should, and for the right cause and in the right manner and at the right time, and who shows bravery in a similar manner, is a brave man”. For instance, a brave person ought not to fear poverty, disease, or anything in that category that is not in the person’s power to control.

Aristotle

“I learned that courage is not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

Nelson Mandela

“Individuals with this strength might be described as:

- Courageous
- Valorous
- Heroic

Individuals with this strength are likely to think, feel, or behave in the following ways:

- I would prefer to try and fail, than to never try at all.
- Doing what is right is the most important thing, even if that means I may be personally injured.
- I know what I’m afraid of and take action to overcome my fears.
- Knowing the right thing to do doesn’t matter if you don’t do what is right.
- When facing a tough decision, it’s better to act in good conscience than sit and do nothing.

WHAT DOES BRAVERY MEAN? You act with mental, moral, or physical strength even when you know things are difficult or scary. Bravery refers to voluntary (not coerced) action in the face of a dangerous circumstance. This strength involves judgment; the brave person must have an understanding of the risks and consequences involved in acting. According to Socrates and Plato, forethought separates acts of valor from acts of rashness. This means that bravery isn’t simply fearlessness, but instead the overcoming of fear.



Bravery can take many forms.

Physical bravery involves overcoming fear of bodily injury or death.

Moral bravery occurs when an individual does what he/she believes is right in the face of social and/or financial consequences.

Mental bravery occurs when people overcome their everyday fears and anxieties.

WHY DOES IT MATTER? Overcoming fears is critically important in individual development, as it allows the person to do more and become more. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their house and talking with people. On a physical level, bravery allows us to overcome fears, such as swimming or playing a sport. And, on a moral level, doing what we know to be right, despite the risks, gives us the sense that we are acting on behalf of a larger purpose. On a group level, bravery is inspiring and contagious. Witnessing an individual's brave act – whether a soldier in battle or standing up for a bullied student – is a form of leadership and often encourages others to take action. Communities and societies throughout time have held bravery in high esteem because they know its inherent importance. This is why Aristotle believed, “Courage is the first of human virtues because it makes all others possible.”

<https://www.wcpss.net/cms/lib/NC01911451/Centricity/Domain/1069/Bravery%20Character%20Card.pdf>

“Brilliant minds make errors, brave souls falter, kind hearts leave scars. We are none of us perfect, but we're all perfectly human.”

Juliet Marillier

“Never was a miser a brave soul.”

George Herbert

“A brave soul is a thing which all things serve.”

Alexander Smith

“The only time a man can be brave is when he is afraid.”

George R. R. Martin

”A hero is no braver than an ordinary man, but he is brave five minutes longer.”

Ralph Waldo Emerson

“Bravery is the capacity to perform properly even when scared half to death.”

Omar N. Bradley

“You can't be brave if you've only had wonderful things happen to you.”

Mary Tyler Moore

“Scared is what you're feeling. Brave is what you're doing.”

Emma Donoghue

“It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.”

J. K. Rowling



2.2. Persistence [perseverance, industriousness]

“Finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”; taking pleasure in completing tasks”.

Christopher Peterson, Martin Seligman

“I was obliged to work hard. Whoever is equally industrious will succeed just as well.”

Johann Sebastian Bach

“It does not matter how slowly you go as long as you do not stop.”

Confucius

“Patience, persistence and perspiration make an unbeatable combination for success.”

Napoleon Hill

“For every obstacle there is a solution. Persistence is the key. The greatest mistake is giving up!”

Dwight D. Eisenhower

“Nothing in this world can take the place of persistence. Talent will not: nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not: the world is full of educated derelicts. Persistence and determination alone are omnipotent.”

Calvin Coolidge

“Perseverance is failing 19 times and succeeding the 20th.”

Julie Andrews

“Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence.”

Hal Borland

“In the realm of ideas everything depends on enthusiasm... in the real world all rests on perseverance.”

Johann Wolfgang von Goethe

“Studies indicate that the one quality all successful people have is persistence. They're willing to spend more time accomplishing a task and to persevere in the face of many difficult odds. There's a very positive relationship between people's ability to accomplish any task and the time they're willing to spend on it.”

Joyce Brothers

“The habit of persistence is the habit of victory.”

Herbert Kaufman

“A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success.”

Elbert Hubbard

“Never give up, for that is just the place and time that the tide will turn.”

Harriet Beecher Stowe

“It's not what you start in life, it's what you finish.”

Katharine Hepburn



“If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”

Martin Luther King, Jr.

“It's not that I'm so smart, it's just that I stay with problems longer.”

Albert Einstein

“Tough times test your valor, persistence and ability to make decisions. They force you to fight for your dreams.”

Paulo Coelho

“Honour belongs to those who never forsake the truth even when things seem dark and grim, who try over and over again, who are never discouraged by insults, humiliation and even defeat.”

Nelson Mandela

“Persistent people begin their success where others end in failure.”

Edward Eggleston

“No-one gets an iron-clad guarantee of success. Certainly, factors like opportunity, luck and timing are important. But the backbone of success is usually found in old-fashioned, basic concepts like hard work, determination, good planning and perseverance.”

Mia Hamm

2.3. Integrity [authenticity, honesty]

“Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.”

Christopher Peterson, Martin Seligman

“Integrity is doing the right thing, even when no one is watching.”

C. S. Lewis

“Great peacemakers are all people of integrity, of honesty, but humility.”

Nelson Mandela

“Integrity gives you real freedom because you have nothing to fear since you have nothing to hide.”

Zig Ziglar

“Integrity is a life where your beliefs and intentions are aligned with your words and actions.”

Stephen Lovegrove

“Integrity is keeping a commitment even after circumstances have changed.”

David Jeremiah

“Image is what people think we are. Integrity is what we really are.”

John C. Maxwell



“If you don't have integrity, you have nothing. You can't buy it. You can have all the money in the world, but if you are not a moral and ethical person, you really have nothing.”

Henry Kravis

“The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.”

Bob Marley

“Integrity is the essence of everything successful.”

R. Buckminster Fuller

“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.”

Douglas Adams

“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.”

W. Clement Stone

2.4. Vitality [zest, enthusiasm, vigor, energy]

“Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.”

Christopher Peterson, Martin Seligman

“Enthusiasm is that secret and harmonious spirit which hovers over the production of genius, throwing the reader of a book, or the spectator of a statue, into the very ideal presence whence these works have really originated. A great work always leaves us in a state of musing.”

Isaac D'Israeli

“I think enthusiasm is the answer to passionate writing.”

Jerome Lawrence

“It is not easy to find something that will intrigue and bind your interest and enthusiasm. This you must seek for yourself.”

Walter Annenberg

“Plan your progress carefully; hour-by-hour, day-by-day, month-by-month. Organized activity and maintained enthusiasm are the wellsprings of your power.”

Paul J. Meyer

“Vitality! That's the pursuit of life, isn't it?”

Katharine Hepburn

“Reason alone is insufficient to make us enthusiastic in any matter.”

Francois de La Rochefoucauld



“How do you go from where you are to where you wanna be? And I think you have to have an enthusiasm for life. You have to have a dream, a goal. And you have to be willing to work for it.”

Jim Valvano

“One can succeed at almost anything for which he has enthusiasm.”

Charles R. Schwab

“The worst bankrupt in the world is the man who has lost his enthusiasm. Let a man lose everything else in the world, but his enthusiasm and he will come through again to success.”

William Howard Arnold

“Color in a picture is like enthusiasm in life.”

Vincent Van Gogh

“Enthusiasm is the most beautiful word on earth.”

Christian Morgenstern

“My enthusiasms...constitute my reserves, my unexploited resources, perhaps my future.”

Emile M. Cioran

“Man never rises to great truths without enthusiasm.”

Luc de Clapiers

“Life is enthusiasm, zest.”

Laurence Olivier

“Enthusiasm is a divine possession.”

Margaret Sanger

“When a person applies enthusiasm to his job, the job will itself become alive with exciting new possibilities.”

Norman Vincent Peale

“It is so much easier to be enthusiastic than to reason!”

Eleanor Roosevelt

3. Virtue. Humanity

“Interpersonal strengths that involve tending and befriending others”.

Christopher Peterson, Martin Seligman

“It is better in prayer to have a heart without words than words without a heart.”

Mahatma Gandhi

“You must not lose **faith in humanity**. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”

Mahatma Gandhi



“I love mankind, he said, "but I find to my amazement that the more I love mankind as a whole, the less I love man in particular.”

Fyodor Dostoyevsky, *The Brothers Karamazov*

“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.”

Dalai Lama

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”

Martin Luther King, Jr.

“When dealing with people, remember you are not dealing with creatures of logic, but creatures of emotion.”

Dale Carnegie

“Compassion becomes real when we recognize our shared humanity.”

Pema Chodron

“I hope that people will finally come to realize that there is only one 'race' - the human race - and that we are all members of it.”

Margaret Atwood

“In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”

Thurgood Marshall

“Man surprised me most about humanity. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

Dalai Lama

“You don't have to teach people how to be human. You have to teach them how to stop being inhuman.”

Eldridge Cleaver

“It is because Humanity has never known where it was going that it has been able to find its way.”

Oscar Wilde

“If our tears do not lead us to act then we have lost the reason of our humanity, which is compassion.”

Dalai Lama

“We cannot despair of humanity, since we ourselves are human beings.”

Albert Einstein

“Humanity should question itself, once more, about the absurd and always unfair phenomenon of war.”

Pope John Paul II



“You will find true success and happiness if you have only one goal, there really is only one, and that is this: to fulfill the highest most truthful expression of yourself as a human being. You want to max out your humanity by using your energy to lift yourself up, your family and the people around you. Theologian Howard Thurman said it best. He said, “Don’t ask yourself what the world needs. Ask yourself what makes you come alive and then go do that, because what the world needs is people who have come alive.”

Oprah Winfrey

“All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.”

Martin Luther King, Jr.

“One way or another, we all have to find what best fosters the flowering of our humanity in this contemporary life, and dedicate ourselves to that.”

Joseph Campbell

”A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

Albert Einstein

“The sole meaning of life is to serve humanity.”

Leo Tolstoy

“It has become appallingly obvious that our technology has exceeded our humanity.”

Albert Einstein

“If everyone howled at every injustice, every act of barbarism, every act of unkindness, then we would be taking the first step towards a real humanity.”

Nelson DeMille

3.1. Love

“Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people”.

Christopher Peterson, Martin Seligman

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

Dalai Lama

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

Martin Luther King, Jr.

“Love does not consist of gazing at each other, but in looking outward together in the same direction.”

Antoine de Saint-Exupéry, “Airman's Odyssey”

“True love begins when nothing is looked for in return.”

Antoine De Saint-Exupery



“For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it.”

Ivan Panin

“Love is composed of a single soul inhabiting two bodies.”

Aristotel

1. Immature love says: “I love you because I need you.” Mature love says: “I need you because I love you.”
2. To love means to commit oneself without guarantee, to give oneself completely in the hope that our love will produce love in the loved person.
3. Love is an act of faith, and whoever is of little faith is also of little love.
4. To love somebody is not just a strong feeling—it is a decision, it is a judgment, it is a promise. If love were only a feeling, there would be no basis for the promise to love each other forever. A feeling comes and it may go.
5. Love is not primarily a relationship to a specific person; it is an attitude, an orientation of character which determines the relatedness of a person to the world as a whole, not toward one “object” of love. If a person loves only one other person and is indifferent to the rest of his fellow men, his love is not love but a symbiotic attachment, or an enlarged egotism.
6. Care and responsibility are constituent elements of love.
7. I want the loved person to grow and unfold for his own sake, and in his own ways, and not for the purpose of serving me.
8. Paradoxically, the ability to be alone is the condition for the ability to love.
9. Love is union with somebody, or something, outside oneself, under the condition of retaining the separateness and integrity of one’s own self. It is an experience of sharing, of communion, which permits the full unfolding of one’s own inner activity.”

Erich Seligmann Fromm

1. We do not love because we do not comprehend, or rather we do not comprehend because we do not love. For love is the ultimate meaning of everything around us. It is not a mere sentiment; it is truth; it is the joy that is at the root of all creation.
2. Children are living-beings-more living than grown-up people, who have built their shells of habit around themselves. Therefore it is absolutely necessary for their mental health and development that they should not have mere schools for their lessons, but a world whose guiding spirit is personal love.
3. Love is an endless mystery, for it has nothing else to explain it.
4. Love’s gift cannot be given, it waits to be accepted.
5. The mist, like love, plays upon the heart of the hills and brings out surprises of beauty.
6. Life has become richer by the love that has been lost.”

Rabindranath Tagore

1. Love is life. All, everything that I understand, I understand only because I love. Everything is, everything exists, only because I love. Everything is united by it alone. Love hinders death.
2. To love life is to love God.
3. If you make it a habit not to blame others, you will feel the growth of the ability to love in your soul, and you will see the growth of goodness in your life.”

Leo Tolstoy

1. I think it is only important to love the world, not to despise it, to be able to regard the world and ourselves and all beings with love, admiration and respect.



2. Gentleness is stronger than severity, water is stronger than rock, love is stronger than force.”

Hermann Hesse

“Our job is to love others without stopping to inquire whether or not they are worthy. That is not our business and, in fact, it is nobody’s business. What we are asked to do is to love, and this love itself will render both ourselves and our neighbors worthy.”

Thomas Merton

“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

Dalai Lama

“Empathy and compassion allows us to hold a space of love in the midst of whatever is arising.”

Panache Desai

“1. The hunger for love is much more difficult to remove than the hunger for bread.

2. Spread love everywhere you go; first of all in your house. Give love to your children, to your wife or husband, to a next door neighbor. Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness; kindness in your face, kindness in your eyes, kindness in your smile.

3. Love is a fruit in season at all times, and within reach of every hand. Anyone may gather it and no limit is set. Everyone can reach this love through meditation, spirit of prayer, and sacrifice, by an intense inner life.

4. Don’t look for big things, just do small things with great love....The smaller the thing, the greater must be our love.

5. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home, for this is where our love for each other must start.

6. The world today is upside down, and is suffering so much, because there is so very little love in the homes and in family life. We have not time for our children, we have not time for each other; there is not time to enjoy each other.

7. Love starts at home and lasts at home . . . the home is each one’s first field of loving, devotion, and service

8. And so let us always meet each other with a smile, for the smile is the beginning of love, and once we begin to love each other naturally we want to do something.

9. Love begins at home, and it is not how much we do, but how much love we put in the action that we do. (or It is not how much you do, but how much Love you put into the doing that matters.)

10. Smile at each other, make time for each other in your family. Smile at each other. (Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other – it doesn’t matter who it is – and that will help you to grow up in greater love for each other.)

11. Love can be misused for selfish motives. I love you but at the same time I want to take from you as much as I can, even the things that are not for me to take. Then there is no true love any more.

12. There is no great difference in reality between one country and another, because it is always people you meet everywhere. They may look different or be dressed differently or may have a different education or position; but they are all the same. They are all people to be loved, they are all hungry for love.

13. Especially be kind, be loving to the poor. We think we do so much for the poor, but it is they who make us rich.

14. Intense love does not measure, it just gives.

15. If you think well of others, you will also speak well of others and to others. From the abundance of the heart the mouth speaks. If your heart is full of love, you will speak of love.

16. Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.



17. A joyful heart is the inevitable result of a heart burning with love. She gives most who gives with joy. If you are joyful, do not worry about lukewarmness. Joy will shine in your eyes and in your look, in your conversation and in your countenance. You will not be able to hide it because joy overflows.

18. Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.”

Mother Teresa

“1. A thought transfixed me: for the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth — that love is the ultimate and the highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love.

2. Love is the only way to grasp another human being in the innermost core of his personality. No one can become fully aware of the very essence of another human being unless he loves him. By his love he is enabled to see the essential traits and features in the beloved person; and even more, he sees that which is potential in him, which is not yet actualized but yet ought to be actualized. Furthermore, by his love, the loving person enables the beloved person to actualize these potentialities. By making him aware of what he can be and of what he should become, he makes these potentialities come true.

3. Love goes very far beyond the physical person of the beloved. It finds its deepest meaning in its spiritual being, his inner self. Whether or not he is actually present, whether or not he is still alive at all, ceases somehow to be of importance.

4. I understood how a man who has nothing left in this world still may know bliss, be it only for a brief moment, in the contemplation of his beloved.

5. ... a life of short duration ... could be so rich in joy and love that it could contain more meaning than a life lasting eighty years.”

Viktor Emil Frankl

“1. Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce but still only light and flickering. As love grows older our hearts mature, and our love becomes as coals deep burning and unquenchable.

2. My wife and I aren't one and one. We are two halves that make a whole. You have to apply yourself to be a family. Two halves fitted together are more efficient than either half would be alone.

3. If one loves, one need not have an ideology of love.”

Bruce Lee

“Never to go on trips with anyone you do not love.”

Ernest Hemingway

“Money is like love; it kills slowly and painfully the one who withholds it, and enlivens the other who turns it on his fellow man.”

Kahlil Gibran

3.2. Kindness [generosity, nurturance, care, compassion, altruistic love, “niceness”]

“Doing favors and good deeds for others; helping them; taking care of them”.

Christopher Peterson, Martin Seligman

“Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.”

Dale Carnegie



“Be kind to unkind people. They need it the most.”

Ashleigh Brilliant

“Have a heart that never hardens, and a temper that never tires, and a touch that never hurts.”

Charles Dickens

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

Mao Zedong

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia

“Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want, and do.”

Emanuel Swedenborg

“Always show more kindness than seems necessary, because the person receiving it needs it more than you will ever know.”

Colin Powell

“Kind words can be short and easy to speak, but their echoes are truly endless.”

Mother Teresa

“Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work.”

William Arthur Ward

“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.”

Amelia Earhart

“Sometimes when we are generous in small, barely detectable ways it can change someone else's life forever.”

Margaret Cho

“Kindness is the language which the deaf can hear and the blind can see.”

Mark Twain

“Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits, Take care of your garden And keep out the weeds, Fill it with sunshine, Kind words, and Kind deeds.”

Henry Wadsworth Longfellow

“The smallest act of kindness is worth more than the greatest intention.”

Khalil Gibran

“You can always give something, even if it is only kindness.”

Anne Frank



“When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.”

Dalai Lama

“Kindness is the language which the deaf can hear and the blind can see.”

Mark Twain

“As we work to create light for others, we naturally light our own way.”

Mary Anne Radmacher

“At the right time, a kind word from a stranger, or encouragement from a friend, can make all the difference in the world. Kindness is free, but it’s priceless.”

Doe Zantamata

“Be happy, but never satisfied.”

Bruce Lee

“Only by treating others with kindness can one lead a happy and peaceful life.”

Master Cheng Yen

“One of the most difficult things to give away is kindness, for it is usually returned.”

Mark Ortman

“1. Your words have great power. Use them to support and inspire.

2. Everywhere you go is a chance to change the world. One smile, one hug, one act of kindness can make the world of difference to someone!

3. Do good for others. It will come back in unexpected ways.

4. Big thank you to all those who have been unkind to me. You reminded me about the importance of kindness.”

Karen Salmansohn

“The ideals that have lighted my way, and time after time have given me new courage to face life cheerfully, have been kindness, beauty, and truth.”

Albert Einstein

“1. The smallest act of kindness is worth more than the greatest intention.

2. Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.

3. I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to these teachers.”

Kahlil Gibran

“For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.”

Sam Levenson

“Wherever there is a human being, there is an opportunity for a kindness.”

Seneca

“1. Have compassion for all beings, rich and poor alike; each has their suffering.

2. Set your heart on doing good. Do it over and over again, and you will be filled with joy.



3. If you don't tend to one another, who then will tend to you?"

Buddha

"1. My religion is very simple. My religion is kindness.

2. Kindness and a good heart are the foundation for success in this life, progress on the spiritual path, and the fulfillment of our aspirations. Our need for them is not limited to any specific time, place, society, or culture.

3. It is necessary to help others, not only in our prayers, but in our daily lives.

4. Never think that being kind to others is an invitation to them to exploit you.

5. Good result, happy result, depends entirely on good action.

6. Be a kind and compassionate person. This is the inner beauty that is a key factor to making a better world."

Dalai Lama

"A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles."

Washington Irving

"The more we genuinely care about others the greater our own happiness and inner peace."

Allan Lokos

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."

Scott Adams

"Your greatness is measured by your kindness; your education and intellect by your modesty; your ignorance is betrayed by your suspicions and prejudices, and your real caliber is measured by the consideration and tolerance you have for others."

William J.H. Boetcker

"Wherever there is a human in need, there is an opportunity for kindness and to make a difference.

No act of kindness is too small. The gift of kindness may start as a small ripple that over time can turn into a tidal wave affecting the lives of many."

Kevin Heath

"What wisdom can you find that is greater than kindness?"

Jean Jacques Rousseau

"We think too much and feel too little. More than machinery, we need humanity. More than cleverness, we need kindness and gentleness."

Charlie Chaplin

"Unexpected kindness is the most powerful, least costly, and most underrated agent of human change."

Bob Kerrey

"Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

Henry James

"There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity."

Nathaniel Branden



“The words of kindness are more healing to a drooping heart than balm or honey.”

Sarah Fielding

“The best portion of a good man’s life. His little, nameless, unremembered acts of kindness and of love.”

William Wordsworth

“The best part of life is not just surviving, but thriving with passion and compassion and humor and style and generosity and kindness.”

Maya Angelou

“Real kindness seeks no return.”

Tiruvalluvar

“No act of kindness, no matter how small, is ever wasted.”

Aesop

“Kindness is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want and do.”

Emanuel Swedenborg

“In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with.”

Brian Tracy

“I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go.”

Rachel Joy Scott

“I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.”

William Penn

“Good words bring good feelings to the heart. Speak with kindness, always.”

Rod Williams

“Forget injuries, never forget kindnesses.”

Confucius

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”

Diana Spencer, “Princess of Wales”

“Ask yourself: Have you been kind today? Make kindness your modus operandi and change your world.”

Annie Lennox



“A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.”

Saint Basil

“Kindness is the language which the deaf can hear and the blind can see.”

Mark Twain

“Love and kindness are never wasted. They always make a difference.”

Barbara de Angelis

“The positive effect of kindness on the immune system and on the increased production of serotonin in the brain has been proved on research studies. Serotonin is a naturally occurring substance in the body that makes us feel more comfortable, peaceful, and even blissful. In fact the role of most anti-depressants is to stimulate the serotonin production to alleviate depression. Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates production of serotonin in both the recipient of the kindness and the person extending the kindness. Even more amazing is that persons observing the act of kindness have similar beneficial results. Imagine this: kindness extended, received, or observed beneficially impacts the physical health and feelings of everyone involved.”

Dr. Wayne Dyer

“Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.”

Lao Tzu

“Share your good with others. Kindness, love, and appreciation are the greatest gifts you can give.”

Louise L. Hay

“You cannot do a kindness too soon, for you never know how soon it will be too late.”

Ralph Waldo Emerson

“The very nature of kindness is to spread. If you are kind to others, today they will be kind to you, and tomorrow to somebody else.”

Sri Chinmoy

“No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.”

Frederick William Faber, sermon “On Kindness in General”

“Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to lose without regret, how to acquire without meanness.”

George Sand

“Be a rainbow in someone else’s cloud.”

Maya Angelou

“Don’t be angry with children, you’ve come along the same way. Don’t laugh at old people; you’d go to the same way.”

Japanese Proverb



“Treat EVERYONE with kindness (yes, even people who are rude to you), not because they are nice, but because YOU ARE!

Where kindness is concerned, make no distinction between humans and other living beings.

Use kindness as currency, it yields great returns on your investment.

Give without expecting anything in return (not even a thank you). That is unconditional kindness ... everything else is ego.”

Timber Hawkeye

“You have the power to make the world a better place by being kind to someone today. Say something kind and encouraging to everyone you meet, and people will always be happy to see you coming.”

Joyce Meyer

“Be kind to every kind, not just mankind. Kindness is a choice. A good choice.”

Anthony Douglas Williams

“We may scatter the seeds of courtesy and kindness around us at so little expense. Some of them will inevitably fall on good ground, and grow up into benevolence in the minds of others: and all of them will bear fruit of happiness ...”

Jeremy Bentham

“Raise your words, not your voice. It is rain which grows flowers, not thunder.”

Rumi

“Start with good intentions and one will head in the right direction. Make good vows and one will have the strength to contribute.

Do whatever it takes to do what is right. Do whatever it takes to not do what is wrong.”

Master Cheng Yen

“Let the rays of your heart shine on all who pass by.”

Terri Guillemets

“Kindness makes the world more beautiful.

Small changes can make a world of difference.

Be kind. Make someone’s life a little bit better today. Repeat tomorrow.”

Symphony of Love

“If you can’t be somebody’s sunshine, don’t be a cloud which blocks their sunshine away.

Life isn’t about pleasing everyone, it is about hurting no one.”

Marinela Reka

“In the long run, the sharpest weapon of all is a kind and gentle spirit.”

Anne Frank

“Life’s as kind as you let it be.”

Charles Bukowski

“Be kind, for everyone you meet is fighting a hard battle.”

Ian Maclaren (Rev. John Watson)



“Consider it: every person you have ever met, every person will suffer the loss of his friends and family. All are going to lose everything they love in this world. Why would one want to be anything but kind to them in the meantime?”

Sam Harris

“Be kind to unkind people. They need it the most.”

Ashleigh Brilliant

“The reality is that doing good unto others actually does more good for you. Anyone who takes the time to be kind is beautiful.”

Richelle E. Goodrich

“It all comes to this: the simplest way to be happy is to do good.”

Helen Keller

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.”

Desmond Tutu

“Wise sayings often fall on barren ground, but a kind word is never thrown away.”

Arthur Helps

“When I was young, I used to admire intelligent people; as I grow older, I admire kind people.”

Abraham Joshua Heschel

“This is the way of peace — overcome evil with good, and falsehood with truth, and hatred with love. If you want to serve the universe, the obvious place to begin is right where you are. That’s where I began. I looked at every situation I came into and wondered, ‘What can I do to be of service in this situation?’ Sometimes there was nothing I could do, but often there was – a helping hand, a word of cheer, a pleasant smile. Then, after I had given a lot, a most wonderful spiritual receiving began – giving me more to give.”

Peace Pilgrim

1. Being kind and gracious as a human doesn’t mean being weak and pathetic. Just means you’re kind and gracious.
2. One of the best things about a new day is the fresh chance to be good to another human being.”
3. Just Be Kinder. We are all members of one large family on a small planet in a big galaxy.” (Twitter, 2 August 2017)

Robin Sharma

“He who receives kindness should never forget it; but he who performs it should never remember it.”

Author Unknown

“I cannot do all the good that the world needs. But the world needs all the good that I can do.”

Jana Stanfield

“Don’t try to be different. Just be good. To be good is different enough.”

Arthur Freed



“The world can always benefit from more kindness. Give it some more, every chance you get. Kindness inspires more kindness. A little bit of kindness can go a long, long way.” (Twitter, 11 Oct 2016)

Ralph Marston

“Never deny or waste an opportunity to be kind to others, even if some people have been unkind to you. The two are not related.”

Dodinsky

“Do for one what you wish you could do for everyone.”

Andy Stanley

“Be kinder to yourself. And then let your kindness flood the world. Compassion for others begins with kindness to ourselves.”

Pema Chödrön

“Don’t wait for extraordinary circumstances to do good; try to use ordinary situations.”

Charles Richter

“Kindness unlocks many doors.”

Katrina Mayer

“You can be both powerful and kind at the same time.”

Anthony Gucciardi

“Help people, even when you know they can’t help you back.”

Author Unknown

“Leave footprints of kindness wherever you go.”

Author Unknown

“If speaking kindly to plants helps them grow then imagine what speaking kindly to humans can do.”

Author Unknown

“Be a good person, but don’t waste your time trying to prove it.” (Twitter, 13 July 2017)

Paulo Coelho

“1. The first rule of kindness is to be kind to yourself. (Source)

2. We must be kind and gentle gardeners with people and nature.” (Instagram)

Bryant McGill

“The words of the tongue should have three gatekeepers: Is it true? Is it kind? Is it necessary?”

Arabian Proverb

“Never say mean words out of anger. Your anger will pass. But your mean words can scar a person for life. So use kind words or be silent.”

Author Unknown

“Any kindness in your heart becomes kindness in the world.”

Byron Katie



“When we become kinder to ourselves, we can become kinder to the world.”

Haemin Sunim

“Carry good with you wherever you go.”

Harpreet M Dayal

“Try to understand men, if you understand each other you will be kind to each other. Knowing a man well never leads to hate and nearly always leads to love.”

John Steinbeck

“Kindness is love that has no direction, though it needs to come through us to water the world.”

Mark Nepo

“Be kind to each other in your homes. Be kind to those who surround you. I prefer that you make mistakes in kindness rather than that you work miracles in unkindness. Often just for one word, one look, one quick action, and darkness fills the heart of the one we love.”

Mother Teresa

“Be the reason someone smiles. Be the reason someone feels loved and believes in the **goodness** in people.”

Roy T. Bennett, “The Light in the Heart”.

3.3. Social intelligence [emotional intelligence, personal intelligence]

“Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick”.

Christopher Peterson, Martin Seligman

“Anti-social behavior is a trait of intelligence in a world full of conformists.”

Nikola Tesla

“Strategic planning for the future is the most hopeful indication of our increasing social intelligence.”

William H. Hastie

“Your work is the single greatest means at your disposal for expressing your social intelligence.”

Robert Greene

“We admire elephants in part because they demonstrate what we consider the finest human traits: empathy, self-awareness, and social intelligence. But the way we treat them puts on display the very worst of human behavior.”

Graydon Carter

“Grown-ups love figures... When you tell them you've made a new friend they never ask you any questions about essential matters. They never say to you "What does his voice sound like? What games does he love best? Does he collect butterflies?"

Antoine de Saint-Exupéry

“If you look for **perfection**, you'll never be content.”

Leo Tolstoy, Anna Karenina

“When you stop expecting people to be perfect, you can like them for who they are.”

Donald Miller, “A Million Miles in a Thousand Years: What I Learned While Editing My Life”

“Have no fear of perfection - you'll never reach it.”

Salvador Dali

“Perfection of character is this: to live each day as if it were your last, without frenzy, without apathy, without pretence.”

Marcus Aurelius, Meditations

4. Virtue. Justice

“Civic strengths that underlie healthy community life.”

Christopher Peterson, Martin Seligman

“It is compassion rather than principle of justice that can guard us against being unjust to our fellow men.”

Bruce Lee

“The pursuit of knowledge for its own sake, an almost fanatical love of justice and the desire for personal independence -- these are the features of the Jewish tradition which make me thank my stars that I belong to it.”

Albert Einstein, “The World As I See It”

“The first requisite of civilisation is that of justice”

Sigmund Freud.

“It’s every man’s business to see justice done.”

Sir Arthur Conan Doyle

“Knowledge which is divorced from justice may be called cunning rather than wisdom.”

Marcus Tullius Cicero

“At his best, man is the noblest of all animals; separated from law and justice he is the worst. The virtue of justice consists in moderation, as regulated by wisdom.”

Aristotle

“I am a strong believer that without justice, there is no peace. No lasting peace, anyway.”

Angelina Jolie

“Justice will not be served until those who are unaffected are as outraged as those who are.”

Benjamin Franklin

“Justice consists not in being neutral between right and wrong, but finding out the right and upholding it, wherever found, against the wrong.”

Theodore Roosevelt



“1. True peace is not merely the absence of tension: it is the presence of justice.
2. Human progress is neither automatic nor inevitable... Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals.”
Martin Luther King, Jr.

“There is a higher court than courts of justice and that is the court of conscience. It supercedes all other courts.”
Mahatma Gandhi

“Justice cannot be for one side alone, but must be for both.”
Eleanor Roosevelt

“Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.”
Helen Keller

“Justice is conscience, not a personal conscience but the conscience of the whole of humanity. Those who clearly recognize the voice of their own conscience usually recognize also the voice of justice.”
Aleksandr Solzhenitsyn

“If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse and you say that you are neutral, the mouse will not appreciate your neutrality.”
Desmond Tutu

“Each time a man stands up for an ideal or acts to improve the lot of others or strikes out against injustice, he sends forth a tiny ripple of hope.”
Robert Kennedy

“There may be times when we are powerless to prevent injustice, but there must never be a time when we fail to protest.”
Elie Wiesel

“If you want peace, work for justice.”
Pope Paul VI

“Throughout history, it has been the inaction of those who could have acted; the indifference of those who should have known better; the silence of the voice of justice when it mattered most; that has made it possible for evil to triumph.”
Haile Selassie

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”
Margaret Mead

“At his best, man is the noblest of all animals; separated from law and justice he is the worst.”
Aristotle

“Justice without force is powerless; force without justice is tyrannical.”
Blaise Pascal



“It is essential that justice be done, and it is equally vital that justice not be confused with revenge, for the two are wholly different.”

Oscar Arias

“Justice in the life and conduct of the State is possible only as first it resides in the hearts and souls of the citizens.”

Plato

“Justice is like the north star, which is fixed, and all the rest revolve about it.”

Confucius

“Overcoming poverty is not a gesture of charity. It is an act of justice.”

Nelson Mandela

“Charity begins at home, and justice begins next door.”

Charles Dickens

“Justice is a certain rectitude of mind whereby a man does what he ought to do in the circumstances confronting him.”

Thomas Aquinas

“I have always found that mercy bears richer fruits than strict justice.”

Abraham Lincoln

“Let us remember that justice must be observed even to the lowest.”

Marcus Tullius Cicero

“Fairness is what justice really is.”

Potter Stewart

“Peace cannot exist without justice, justice cannot exist without fairness, fairness cannot exist without development, development cannot exist without democracy, democracy cannot exist without respect for the identity and worth of cultures and peoples.”

Rigoberta Menchu

“People can overcome their differences, and when united, move toward a world of greater fairness and justice. As in folk music, each person has a unique role to play.”

Peter Yarrow

“Perfect wisdom has four parts: Wisdom, the principle of doing things aright. Justice, the principle of doing things equally in public and private. Fortitude, the principle of not fleeing danger, but meeting it. Temperance, the principle of subduing desires and living moderately.”

Plato

4.1. Citizenship [social responsibility, loyalty, teamwork]

“Working well as a member of a group or team; being loyal to the group; doing one’s share.”

Christopher Peterson, Martin Seligman



“People have forgotten this truth,” the fox said. “But you mustn’t forget it. You become **responsible** forever for what you’ve tamed. You’re **responsible** for your rose.”

— **Antoine de Saint-Exupéry, The Little Prince**

“A nation, as a society, forms a moral person, and every member of it is personally responsible for his society.”

Thomas Jefferson

“It is not always the same thing to be a good man and a good citizen.”

Aristotle

“It is not the function of government to keep the citizen from falling into error; it is the function of the citizen to keep the government from falling into error.”

Robert H. Jackson

“My fellow Americans, ask not what your country can do for you, ask what you can do for your country.”

John F. Kennedy

“Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here in the first place. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person.”

R. Buckminster Fuller

“Citizenship is a tough occupation which obliges the citizen to make his own informed opinion and stand by it.”

Martha Gellhorn

“Every good citizen makes his country's honor his own, and cherishes it not only as precious but as sacred. He is willing to risk his life in its defense and its conscious that he gains protection while he gives it.”

Andrew Jackson

“We all have an obligation as citizens of this earth to leave the world a healthier, cleaner, and better place for our children and future generations.”

Blythe Danner

“The test of good citizenship is loyalty to country.”

Bainbridge Colby

“Citizenship comes first today in our crowded world...

No man can enjoy the privileges of education and thereafter with a clear conscience break his contract with society. To respect that contract is to be mature, to strengthen it is to be a good citizen, to do more than your share under it is noble.”

Isaiah Bowman

“Without free, self-respecting, and autonomous citizens there can be no free and independent nations. Without internal peace, that is, peace among citizens and between the citizens and the state, there can be no guarantee of external peace.”

Vaclav Havel



“I am a citizen, not of Athens, or Greece, but of the world.”

Socrates

“There can be no daily democracy without daily citizenship.”

Ralph Nader

“Citizenship consists in the service of the country.”

Jawaharlal Nehru

“We are citizens of the world. The tragedy of our times is that we do not know this.”

Woodrow Wilson

“I have no country to fight for; my country is the earth, and I am a citizen of the world.”

Eugene V. Debs

“Voting is the least arduous of a citizen's duties. He has the prior and harder duty of making up his mind.”

Ralph Barton Perry

“The true courage of civilized nations is readiness for sacrifice in the service of the state, so that the individual counts as only one amongst many. The important thing here is not personal mettle but aligning oneself with the universal.”

Georg Wilhelm Friedrich Hegel

“Citizenship is an attitude, a state of mind, an emotional conviction that the whole is greater than the part...and that the part should be humbly proud to sacrifice itself that the whole may live.”

Robert A. Heinlein

“Successful people have a social responsibility to make the world a better place and not just take from it.”

Carrie Underwood

“You cannot escape the responsibility of tomorrow by evading it today.”

Abraham Lincoln

“The business of business should not be about money. It should be about responsibility. It should be about public good, not private greed.”

Anita Roddick

“Freedom & Duty always go hand in hand and if the free do not accept the duty of social responsibility, they will not long remain free.”

John Foster Dulles

“Be the compromise you want to see in the world.”

Mahatma Gandhi

“We, as humans, have actually developed a sense of social responsibility. We have gone beyond our basic instincts.”

Jane Goodall



“Have absolutely no sense of guilt about being happy and successful if you operate honestly and with a sense of social responsibility.”

Norman Vincent Peale

“One loyal friend is worth ten thousand relatives.”

Euripides

“Making a hundred friends is not a miracle. The miracle is to make a single friend who will stand by your side even when hundreds are against you.”

John Spence

“Being honest may not get you a lot of friends but it’ll always get you the right ones.”

John Lennon

“The trouble is not in dying for a friend, but in finding a friend worth dying for.”

Mark Twain

“The strength of the team is each individual member. The strength of each member is the team.”

Phil Jackson

“No one can whistle a symphony. It takes a whole orchestra to play it.”

Halford Luccock

“Alone we can do so little; together we can do so much.”

Helen Keller

“If everyone is moving forward together, then success takes care of itself.”

Henry Ford

“Trust is knowing that when a team member does push you, they're doing it because they care about the team.”

Patrick Lencioni

“If a team is to reach its potential, each player must be willing to subordinate his personal goals to the good of the team.”

Bud Wilkinson

“The test of good citizenship is loyalty to country.”

Bainbridge Colby

4.2. Fairness

“Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.”

Christopher Peterson, Martin Seligman

“Fairness is giving all people the treatment they earn and deserve. It doesn't mean treating everyone alike.”

John Wooden



“- I shall conquer untruth by **truth**. And in resisting untruth, I shall put up with all suffering.”
Mahatma Gandhi

“Fairness is not an attitude. It's a professional skill that must be developed and exercised.”
Brit Hume

“A fair-minded person tries to see both sides of an argument.”
Aesop

“It is not fair to ask of others what you are not willing to do yourself.”
Eleanor Roosevelt

“Play fair, be prepared for others to play dirty, and don't let them drag you into the mud.”
Richard Branson

“There is no true peace without fairness, truth, justice and solidarity.”
Pope John Paul II

“No matter who or what you support, I believe in supporting fairness first.”
Jennette McCurdy

“Lack of fairness to an opponent is essentially a sign of weakness.”
Emma Goldman

“Win or lose, do it fairly.”
Knute Rockne

“Fairness does not consist so much of everybody's doing the same thing, but of everybody's being willing to do something that others don't want to do.”
Judith Martin

“Fairness is what justice really is.”
Potter Stewart

“Peace cannot exist without justice, justice cannot exist without fairness, fairness cannot exist without development, development cannot exist without democracy, democracy cannot exist without respect for the identity and worth of cultures and peoples.”
Rigoberta Menchu

“People can overcome their differences, and when united, move toward a world of greater fairness and justice. As in folk music, each person has a unique role to play.”
Peter Yarrow

“The only stable state is the one in which all men are equal before the law.”
Aristotle

“Some people believe that fairness comes with obeying the rules.”
Al Green



“Fair and softly goes far.”

Miguel de Cervantes

“Art is a way of showing greater fairness to things than is customary.”

Eli Siegel

4.3. Leadership

“Encouraging a group of which one is a member to get things done and at the same maintain time good relations within the group; organizing group activities and seeing that they happen.”

Christopher Peterson, Martin Seligman

“A goal without a plan is just a wish.”

Antoine de Saint-Exupéry

“A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent.”

Douglas MacArthur

“The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humor, but without folly.”

Jim Rohn

“Leaders don't create followers, they create more leaders.”

Tom Peters

“Leaders think and talk about the solutions. Followers think and talk about the problems.”

Brian Tracy

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

John Quincy Adams

“The boss drives people; the leader coaches them. The boss depends on authority; the leader on good will. The boss inspires fear; the leader inspires enthusiasm. The boss says I; The leader says WE. The boss fixes the blame for the breakdown; the leader fixes the breakdown. The boss says, GO; the leader says Lets GO!”

Harry Gordon Selfridge

“A leader is someone who helps improve the lives of other people or improve the system they live under.”

Sam Houston

“Leadership is the capacity to translate vision into reality.”

Warren G. Bennis

“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.”

Jack Welch



“The growth and development of people is the highest calling of leadership.”

Harvey S. Firestone

“Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes.”

Peter Drucker

“A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be.”

Rosalynn Carter

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.”

Mahatma Gandhi

“A man who wants to lead the orchestra must turn his back on the crowd.”

Max Lucado

“A leader is one who knows the way, goes the way, and shows the way.”

John C. Maxwell

“Management is doing things right; leadership is doing the right things.”

Peter Drucker

“The leaders who work most effectively, it seems to me, never say "I." And that's not because they have trained themselves not to say "I." They don't think "I." They think "we"; they think "team." They understand their job to be to make the team function. They accept responsibility and don't sidestep it, but "we" gets the credit. This is what creates trust, what enables you to get the task done.”

Peter Drucker

“Leadership is a privilege to better the lives of others. It is not an opportunity to satisfy personal greed.”

Mwai Kibaki

“Forethought and prudence are the proper qualities of a leader.”

[Lat., Ratio et consilium, propriae ducis artes.]

Tacitus

“Leadership is a way of thinking, a way of acting and, most importantly, a way of communicating.”

Simon Sinek

5. Virtue. Temperance

“Strengths that protect against excess.”

Christopher Peterson, Martin Seligman



“Temperance is moderation in the things that are good and total abstinence from the things that are foul.”

Frances E. Willard

“Temperance is a disposition that restrains our desires for things which it is base to desire.”

Saint Augustine

“There is no difference between knowledge and temperance; for he who knows what is good and embraces it, who knows what is bad and avoids it, is learned and temperate.”

Socrates

“Temperance in everything is requisite for happiness.”

Benjamin Haydon

“Temperance is a tree which as for its root very little contentment, and for its fruit calm and peace.”

Gautama Buddha

“Temperance and bravery, then, are ruined by excess and deficiency, but preserved by the mean. Aristotle The love, more especially, which is concerned with the good, and which is perfected in company with temperance and justice, whether among gods or men, has the greatest power, and is the source of all our happiness and harmony, and makes us friends with the gods who are above us, and with one another.”

Plato

“Cultivate a sweet temper and the sweet speech which is its natural consequence.”

Sathya Sai Baba

“Perfect wisdom has four parts: Wisdom, the principle of doing things aright. Justice, the principle of doing things equally in public and private. Fortitude, the principle of not fleeing danger, but meeting it. Temperance, the principle of subduing desires and living moderately.”

Plato

5.1. Forgiveness and mercy

“Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.”

Christopher Peterson, Martin Seligman

“We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love.”

Martin Luther King, Jr.

“The weak can never forgive. Forgiveness is the attribute of the strong.”

Mahatma Gandhi

“Forgiveness doesn't make the other person right, it makes you free.”

Stormie Omartian

“Forgiveness is the key that unlocks the door of resentment and the handcuffs of hatred. It is a power that breaks the chains of bitterness and the shackles of selfishness.”

Corrie Ten Boom



“By far the strongest poison to the human spirit is the inability to forgive oneself or another person. Forgiveness is no longer an option but a necessity for healing.”

Caroline Myss

“Those who cannot forgive others break the bridge over which they themselves must pass.”

Confucius

“When you forgive, you in no way change the past - but you sure do change the future.”

Bernard Meltzer

“Forgiveness is not always easy. At times, it feels more painful than the wound we suffered, to forgive the one that inflicted it. And yet, there is no peace without forgiveness.”

Marianne Williamson

“Whatever our religion, we know that if we really want to love, we must first learn to forgive before anything else.”

Mother Teresa

“Forgiveness is God's invention for coming to terms with a world in which people are unfair to each other and hurt each other deeply. He began by forgiving us. And He invites us all to forgive each other.”

Lewis B. Smedes

“Forgiveness is an inner correction that lightens the heart. It is for our peace of mind first. Being at peace, we will now have peace to give to others, and this is the most permanent and valuable gift we can possibly give.”

Gerald Jampolsky

“To err is human; to forgive, divine.”

Alexander Pope

“It's one of the greatest gifts you can give yourself, to forgive. Forgive everybody.”

Maya Angelou

“The more you know yourself, the more you forgive yourself.”

Confucius

“To begin loving people today, we must close the door on the past. And that cannot happen without forgiveness! Forgive those who have hurt you - for your sake, not because they deserve it.”

Rick Warren

“Forgiveness is the remission of sins. For it is by this that what has been lost, and was found, is saved from being lost again.”

Saint Augustine

“Without forgiveness, there's no future.”

Desmond Tutu

“Good to forgive, Best to forget.”

Robert Browning



“And if your friend does evil to you, say to him, "I forgive you for what you did to me, but how can I forgive you for what you did to yourself?”

Friedrich Nietzsche

“Forgiveness is choosing to love. It is the first skill of self-giving love.”

Mahatma Gandhi

“All major religious traditions carry basically the same message, that is love, compassion and forgiveness the important thing is they should be part of our daily lives.”

Dalai Lama

“Just having an awareness of God's mercy and compassion for us is a great motivation for us to be merciful and compassionate to other people and to take steps toward encountering God.”

Jonathan Morris

“By softening our attitudes, practicing mercy and compassion, we transform our lives by transforming other people's experience of us. Send love before you when you enter a room, and people will subconsciously feel it; they'll be prone to show greater kindness in return. That's how love makes things work better in our lives; it realigns the reactions of people and things around us.”

Marianne Williamson

“You are goodness and mercy and compassion and understanding. You are peace and joy and light. You are forgiveness and patience, strength and courage, a helper in time of need, a comforter in time of sorrow, a healer in time of injury, a teacher in times of confusion. You are the deepest wisdom and the highest truth; the greatest peace and the grandest love. You are these things. And in moments of your life you have known yourself to be these things. Choose now to know yourself as these things always.”

Neale Donald Walsch

“Take then this Book, look into it, and show me when Jesus was not forgiving. Read this diving tragedy and tell me where He speaks without mercy and compassion. You visit not the sick and the imprisoned; nor do you feed the hungry or give refuge to the stranger or comfort to the mourner.”

Khalil Gibran

5.2. Humility / Modesty

“Letting one's accomplishments speak for themselves; not seeking the spotlight; not regarding oneself as more special than one is.”

Christopher Peterson, Martin Seligman

“Humility is not thinking less of yourself, it's thinking of yourself less.”

C. S. Lewis

“Pride is concerned with who is right. Humility is concerned with what is right.”

Ezra Taft Benson

“Humility leads to strength and not to weakness. It is the highest form of self-respect to admit mistakes and to make amends for them.”

John J. McCloy



“Humility is the most difficult of all virtues to achieve; nothing dies harder than the desire to think well of self.”

T. S. Eliot

“Pride makes us artificial and humility makes us real.”

Thomas Merton

“What makes humility so desirable is the marvelous thing it does to us; it creates in us a capacity for the closest possible intimacy with God.”

Monica Baldwin

“A man can counterfeit love, he can counterfeit faith, he can counterfeit hope and all the other graces, but it is very difficult to counterfeit humility.”

Dwight L. Moody

“The principles of living greatly include the capacity to face trouble with courage, disappointment with cheerfulness, and trial with humility.”

Thomas S. Monson

“It was pride that changed angels into devils; it is humility that makes men as angels.”

Saint Augustine

“Humility is the foundation of all the other virtues hence, in the soul in which this virtue does not exist there cannot be any other virtue except in mere appearance.”

Saint Augustine

“Humility is the foundation by which love manifests.”

Radhanath Swami

“Humility is to make a right estimate of one's self.”

Charles Spurgeon

“Great peacemakers are all people of integrity, of honesty, but humility.”

Nelson Mandela

“God measures people by the small dimensions of humility and not by the bigness of their achievements or the size of their capabilities.”

Billy Graham

“Humility is no substitute for a good personality.”

Fran Lebowitz

“A sarcastic person has a superiority complex that can be cured only by the honesty of humility.”

Lawrence G. Lovasik

“Without humility you can't love.”

Frederick Lenz



“Humility is the solid foundation of all virtues.”

Confucius

“The humility of Jesus can be seen in the crib, in the exile to Egypt, in the hidden life, in the inability to make people understand Him, in the desertion of His apostles, in the hatred of His persecutors, in all the terrible suffering and death of His Passion, and now in His permanent state of humility in the tabernacle, where He has reduced Himself to such a small particle of bread that the priest can hold Him with two fingers. The more we empty ourselves, the more room we give God to fill us.”

Mother Teresa

“I claim to be a simple individual liable to err like any other fellow mortal. I own, however, that I have humility enough to confess my errors and to retrace my steps.”

Mahatma Gandhi

“Life is a long lesson in humility.”

James M. Barrie

“We come nearest to the great when we are great in humility.”

Rabindranath Tagore

“He who speaks without modesty will find it difficult to make his words good.”

Confucius

“Modesty is not only an ornament, but also a guard to virtue.”

Joseph Addison

“The girl who chooses to be modest, chooses to be respected.”

Howard W. Hunter

“Humility is the first step towards learning. You can’t learn until you are humble enough to realize there is something for you to learn.”

Robert Kiyosaki

“How beautiful then is modesty and what a gem among virtues it is.”

Bernard of Clairvaux

5.3. Prudence

“Being careful about one’s choices; not taking undue risks; not saying or doing things that might later be regretted.”

Christopher Peterson, Martin Seligman

“Prudence is the virtue by which we discern what is proper to do under various circumstances in time and place.”

John Milton

“Prudence is the knowledge of things to be sought, and those to be shunned.”

Marcus Tullius Cicero



“1. We accomplish more by prudence than by force. [Lat., Plura consilio quam vi perficimus.]
2. Forethought and prudence are the proper qualities of a leader.” [Lat., Ratio et consilium, propriae ducis artes.]

Tacitus

“When you have nothing to say, or to hide, there is no need to be prudent.”

Andre Gide

“Prudence therefore consists in knowing how to distinguish degrees of disadvantage.”

Niccolo Machiavelli

“Genius always gives its best at first; prudence, at last.”

Seneca the Younger

“I prefer silent prudence to loquacious folly.”

Marcus Tullius Cicero

“It is a madness to make fortune the mistress of events, because in herself she is nothing, can rule nothing, but is ruled by prudence.”

John Dryden

“Don't judge without having heard both sides. Even persons who think themselves virtuous very easily forget this elementary rule of prudence.”

Josemaria Escriva

“Surprise is the enemy of prudence.”

Goliarda Sapienza

“The principal use of prudence, of self-control, is that it teaches us to be masters of our passions, and to so control and guide them that the evils which they cause are quite bearable, and that we even derive joy from them all.”

Rene Descartes

“All courses of action are risky, so prudence is not in avoiding danger (it's impossible), but calculating risk and acting decisively. Make mistakes of ambition and not mistakes of sloth. Develop the strength to do bold things, not the strength to suffer.”

Niccolo Machiavelli

“What is prudence in the conduct of every private family can scarce be folly in that of a great kingdom.”

Adam Smith

“I hold it to be of great prudence for men to abstain from threats and insulting words towards any one, for neither the one nor the other in any way diminishes the strength of the enemy; but the one makes him more cautious, and the other increases his hatred of you, and makes him more persevering in his efforts to injure you.”

Niccolo Machiavelli

“Great good nature without prudence is a great misfortune.”

Benjamin Franklin

“1. Whereas young people become accomplished in geometry and mathematics, and wise within these limits, prudent young people do not seem to be found. The reason is that prudence is concerned with particulars as well as universals, and particulars become known from experience, but a young person lacks experience, since some length of time is needed to produce it.

2. [Prudence] is the virtue of that part of the intellect [the calculative] to which it belongs; and . . . our choice of actions will not be right without Prudence any more than without Moral Virtue, since, while Moral Virtue enables us to achieve the end, Prudence makes us adopt the right means to the end.” – corrected both
Aristotle

“Silence is the sanctuary of prudence.”

Baltasar Gracian

“I hold it to be a proof of great prudence for men to abstain from threats and insulting words toward anyone, for neither diminishes the strength of the enemy.”

Niccolo Machiavelli

5.4. Self-regulation [self-control]

“Regulating what one feels and does; being disciplined; controlling one’s appetites and emotions.”

Christopher Peterson, Martin Seligman

“Power doesn't have to show off. Power is confident, self-assuring, self-starting and self-stopping, self-warming and self-justifying. When you have it, you know it.”

Ralph Ellison

“Self-regulation stands in relation to regulation the way self-importance stands in relation to importance.”

Willem Buiter

“Researchers were surprised to find that people with strong self-control spent less time resisting desires than other people did.people with good self-control mainly use it not for rescue in emergencies but rather to develop effective habits and routines in school and at work.”

Roy Baumeister

“The highest possible stage in moral culture is when we recognize that we ought to control our thoughts.”

Charles Darwin

“You have power over your mind - not outside events. Realize this, and you will find strength.”

Marcus Aurelius

“Educate your children to self-control, to the habit of holding passion and prejudice and evil tendencies subject to an upright and reasoning will, and you have done much to abolish misery from their future and crimes from society.”

Benjamin Franklin



“God has equipped you to handle difficult things. In fact, He has already planted the seeds of discipline and self-control inside you. You just have to water those seeds with His Word to make them grow!”

Joyce Meyer

“Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habit.”

Laozi

“I cannot always control what goes on outside. But I can always control what goes on inside.”

Wayne Dyer

“When we direct our thoughts properly, we can control our emotions.”

W. Clement Stone

“Not being able to govern events, I govern myself.”

Michel de Montaigne

“Self-control is the chief element in self-respect, and respect of self, in turn, is the chief element in courage.”

Thucydides

“He who controls others may be powerful, but he who has mastered himself is mightier still.”

Laozi

“He who cannot obey himself will be commanded. That is the nature of living creatures.”

Friedrich Nietzsche

“Discipline yourself to do the things you need to do when you need to do them, and the day will come when you will be able to do the things you want to do when you want to do them!”

Zig Ziglar

“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.”

Jesse Owens

“To handle yourself, use your head; to handle others, use your heart.”

Eleanor Roosevelt

“Self-disciplined begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward.”

Napoleon Hill

“Not to have control over the senses is like sailing in a rudderless ship, bound to break to pieces on coming in contact with the very first rock.”

Mahatma Gandhi

“Through discipline comes freedom.”

Aristotle



“Roam in the world as a lion of self-control; see that the frogs of weakness don’t kick you around.”

Paramahansa Yogananda

“In that power of self-control lies the seed of eternal freedom.”

Paramahansa Yogananda

“Self-control might be as passionate and as active as the surrender to passion.”

W. Somerset Maugham

“Anger doesn't demand action. When you act in anger, you lose self-control.”

Joe Hyams

“Until you have the inner discipline that brings calmness of mind, external facilities and conditions will never bring the joy and happiness you seek. On the other hand, if you possess this inner quality, calmness of mind, a degree of stability within, even if you lack the various external factors that you would normally require to be happy, it will still be possible to live a happy and joyful life.”

Dalai Lama

“If you lose self-control everything will fall.”

John Wooden

6. Virtue. Transcendence

“Strengths that forge connections to the larger universe and provide meaning.”

Christopher Peterson, Martin Seligman

“Transcendence constitutes selfhood.”

Martin Heidegger

“Transcending the world does not mean to withdraw from the world, to no longer take action, or to stop interacting with people. Transcendence of the world is to act and to interact without any self-seeking.”

Eckhart Tolle

“Transcendence is something between a metaphor and a miracle.”

Mason Cooley

“Transcendence gets you beyond ego. If you go beyond ego, you see all of this in a more decent perspective and you can start to put all the pieces together.”

Edgar Mitchell

“Learning always involves self-transcendence. Learning calls forth what is in us, helping us to move toward authenticity and wholeness.”

Karl Rahner

“During those rare moments of creativeness, when a person has something in common with the making of the universe, he feels a sense of transcendence. What could be a greater reward?”

Joseph C Zinker



“Every day we have a choice. We can take the easier road, the more cynical road, which is a road sometimes based on a dream of a past that never was, fear of each other, distancing and blame, or we can take the much more difficult path, the road of transformation, transcendence, compassion, and love, but also accountability and justice.”

Jacqueline Novogratz

“There is a human striving for self-transcendence. It's part of what makes us human. With all of our flaws we want to go a little bit further than we've gone before and maybe even further than anyone else has gone before.”

George Leonard

“Only the human heart can live in present moment awareness. The human mind cannot, because its essential nature is to ponder the past and plan the future. This is why all wise beings encourage us to go beyond the mind into the timeless, boundless transcendence of heart-centered awareness.”

David Simon

“...being human always points, and is directed, to something, or someone, other than oneself—be it meaning to fulfill or another human being to encounter. The more one forgets himself—by giving himself to a cause to serve or another person to love—the more human he is and the more he actualizes himself. What is called self-actualization is not an attainable aim at all, for the simple reason that the more one would strive for it, the more he would miss it. In other words, self-actualization is possible only as a side-effect of self-transcendence.”

Viktor E. Frankl

“Awe is the emotion of self-transcendence.”

Jonathan Haidt

“We were made to enjoy music, to enjoy beautiful sunsets, to enjoy looking at the billows of the sea and to be thrilled with a rose that is bedecked with dew... Human beings are actually created for the transcendent, for the sublime, for the beautiful, for the truthful. and all of us are given the task of trying to make this world a little more hospitable to these beautiful things.”

Desmond Tutu

6.1. Appreciation of beauty and excellence [awe, wonder, elevation]

“Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.”

Christopher Peterson, Martin Seligman

“We are learning, too, that the love of beauty is one of Nature's greatest healers.”

Ellsworth Huntington

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

Kahlil Gibran

“Awe is the emotion of self-transcendence.”

Jonathan Haidt

“Beauty is simply reality seen with the eyes of love.”

Rabindranath Tagore



“We were made to enjoy music, to enjoy beautiful sunsets, to enjoy looking at the billows of the sea and to be thrilled with a rose that is bedecked with dew... Human beings are actually created for the transcendent, for the sublime, for the beautiful, for the truthful... and all of us are given the task of trying to make this world a little more hospitable to these beautiful things.”

Desmond Tutu

“To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.”

Nhat Hanh

“Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting.”

Ralph Waldo Emerson

“Life is beauty, admire it.”

Mother Teresa

“Beauty is an experience, nothing else. It is not a fixed pattern or an arrangement of features. It is something felt, a glow or a communicated sense of fineness.”

D. H. Lawrence

“For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it.”

Ivan Panin

“The power of finding beauty in the humblest things makes home happy and life lovely.”

Louisa May Alcott

“Beauty isn't about having a pretty face it's about having a pretty mind, a pretty heart, and a pretty soul.”

Unknown

“The ideal of beauty is simplicity and tranquility.”

Johann Wolfgang von Goethe

“Some people look for a beautiful place, others make a place beautiful.”

Hazrat Inayat Khan

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”

Elisabeth Kubler-Ross

“Beauty is an exquisite flower, and its perfume is virtue.”

Giovanni Ruffini

“Beauty is a radiance that originates from within and comes from inner security and strong character.”

Jane Seymour



“Beauty isn't about looking perfect. It's about celebrating your individuality.”

Bobbi Brown

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”

Helen Keller

“Beauty can inspire miracles.”

Benjamin Disraeli

“Beauty awakens the soul to act.”

Dante Alighieri

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”

Albert Einstein

“Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.”

Sophia Loren

“Sometimes people are beautiful. Not in looks. Not in what they say. Just in what they are.”

Markus Zusak

“A woman is most beautiful when she smiles.”

Beyonce Knowles

“People often say that 'beauty is in the eye of the beholder,' and I say that the most liberating thing about beauty is realizing that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves.”

Salma Hayek

“For every beauty there is an eye somewhere to see it. For every truth there is an ear somewhere to hear it. For every love there is a heart somewhere to receive it.”

Ivan Panin – this same, as before, I cuted it out

6.2. Gratitude

“Being aware of and thankful for the good things that happen; taking time to express thanks”

Christopher Peterson, Martin Seligman

“Gratitude is the sign of noble souls.”

Aesop

“As we express our **gratitude**, we must never forget that the highest appreciation is not to utter words, but to live by them.”

John F. Kennedy



- “1. When you practice gratefulness, there is a sense of respect toward others.”
2. Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it.
3. Gratitude is something you show in relation to others.
4. When we develop a right attitude of compassion and gratitude, we take a giant step towards solving our personal and international problems.”

Dalai Lama

“Gratitude, like faith, is a muscle. The more you use it, the stronger it grows.”

Alan Cohen

“From the standpoint of daily life, however, there is one thing we do know: that we are here for the sake of each other - above all for those upon whose smile and well-being our own happiness depends, and also for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day I realize how much my own outer and inner life is built upon the labors of my fellow men, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received.”

Albert Einstein

“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”

Eileen Caddy

“Let us remember the past with gratitude, live the present with enthusiasm, and look forward to the future with confidence.”

Pope John Paul II

“Gratitude is like a magnet; the more grateful you are, the more you will receive to be grateful for.”

Iyanla Vanzant

“A thankful heart is not only the greatest virtue, but the parent of all the other virtues.”
[Lat., Gratus animus est una virtus non solum maxima, sed etiam mater virtutum onmium reliquarum.]

Marcus Tullius Cicero

“A grateful mind is a great mind which eventually attracts to itself great things.”

Plato

“A noble person is mindful and thankful for the favors he receives from others.”

Gautama Buddha – I added these sentence

6.3. Hope [optimism, future-mindedness, future orientation]

“Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.”

Christopher Peterson, Martin Seligman

“May your choices reflect your hopes, not your fears.”

Nelson Mandela



“Hope is being able to see that there is light despite all of the darkness.”

Desmond Tutu

“Hope has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.”

Saint Augustine

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”

Dale Carnegie

“Where there is discord may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. Where there is despair, may we bring hope.”

Francis of Assisi

“We must accept finite disappointment, but never lose infinite hope.”

Martin Luther King, Jr.

“I am not an optimist, because I am not sure that everything ends well. Nor am I a pessimist, because I am not sure that everything ends badly. I just carry hope in my heart. Hope is the feeling that life and work have a meaning. You either have it or you don't, regardless of the state of the world that surrounds you. Life without hope is an empty, boring, and useless life. I cannot imagine that I could strive for something if I did not carry hope in me. I am thankful to God for this gift. It is as big as life itself.”

Vaclav Havel

“Optimism is the faith that leads to achievement.”

Helen Keller

“Optimism is essential to achievement and it is also the foundation of courage and true progress.”

Nicholas Murray Butler

“I believe any success in life is made by going into an area with a blind, furious optimism.”

Sylvester Stallone

“1. I have always believed that hope is that stubborn thing inside us that insists, despite all the evidence to the contrary, that something better awaits us so long as we have the courage to keep reaching, to keep working, to keep fighting.”(Victory Speech, Nov. 7, 2012)

2. Hope is the bedrock of this nation. The belief that our destiny will not be written for us, but by us, by all those men and women who are not content to settle for the world as it is, who have the courage to remake the world as it should be.”

Barack Obama – I added these sentence

6.4. Humor [playfulness]

“Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.”

Christopher Peterson, Martin Seligman



“There is nothing in the world so irresistibly contagious as laughter and good humor.”

Charles Dickens, A Christmas Carol

“You live but once; you might as well be amusing.”

Coco Chanel

“I never made one of my discoveries through the process of rational thinking”

Albert Einstein

“There are only two kinds of people who are really fascinating: people who know absolutely everything, and people who know absolutely nothing.”

Oscar Wilde

“I was gratified to be able to answer promptly, and I did. I said I didn’t know.”

Mark Twain

6.5. Spirituality [religiousness, faith, purpose]

“Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort”

Christopher Peterson, Martin Seligman

“Faith is a state of mind that can be conditioned through self-discipline. Faith will accomplish. Faith makes it possible to achieve that which man’s mind can conceive and believe.”

Bruce Lee

“Faith is a knowledge within the heart, beyond the reach of proof.”

Kahlil Gibran

“Faith is, above all, openness; an act of trust in the unknown.”

Alan Watts

“My religion is very simple. My religion is kindness.”

Dalai Lama

“The spiritual life does not remove us from the world but leads us deeper into it”

Henri Nouwen

“Sometimes river flows very strong, sometimes it flows very small, but it makes no difference to the ocean because it is satisfied in itself with its own quantity of water. Similarly, when our heart is cleansed with spirituality, we find pleasure and ecstasy with our own selves that is so sweet, so wonderful and so satisfying, that the so-called pleasures of this world no longer have any values, no appeal at all.”

Radhanath Swami

“The foundations of a person are not in matter but in spirit.”

Ralph Waldo Emerson



“The development of our spiritual nature should concern us most. Spirituality is the highest acquisition of the soul, the divine in man; 'the supreme, crowning gift that makes him king of all created things.' It is the consciousness of victory over self and of communion with the infinite. It is spirituality alone which really gives one the best in life.”

David O. McKay

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