

Positive Psychology Quotes

The Wisdom and Inspiration of 5.000 people

by Seph Fontane Pennock

Winter of 2015

“The purpose of life is to discover your gifts and the meaning of life is to give them away.”

“You are the books you read, the films you watch, the people you meet, the dreams you have, the conversations you engage in.

You are what you take from these.

You are the sound of the ocean, the breathe of fresh air, the brightest light and darkest corner.

You are a collective of every experience you have had in your life.

You are every single day.

So drown yourself in a sea of knowledge and existence.

Let the words run through your veins and let the colors fill your mind.”

“My barn having burned to the ground, I can now see the moon.”

“The happiness of your life depends upon the quality of your thoughts.”

- Marcus Aurelius, Meditations

“Nobody can make you feel inferior without your consent”

“Absence destroys small passions and increases great ones, as the wind extinguishes tapers and kindles fires.”

“The majority of us lead quiet, unheralded lives as we pass through this world. There will most likely be no ticker-tape parades for us, no monuments created in our honor. But that does not lessen our possible impact, for there are scores of people waiting for someone just like us to come along; people who will appreciate our compassion, our unique talents. Someone who will live a happier life merely because we took the time to share what we had to give. 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 a potential to turn a life around. It’s overwhelming to consider the continuous opportunities there are to make our love felt.”

- Leo Buscaglia

“Promise me you will not spend so much time treading water and trying to keep your head above the waves that you forget, truly forget, how much you have always loved to swim.”

- Tyler Knott Gregson

“Don’t aim at success – the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued. It must ensue, as the unintended side effect of one’s personal dedication to a course greater than oneself.”

- Victor Frankl, Man’s Search for Meaning

“Between the stimulus and response, there is a space and in that space lies our freedom and power to choose our response. In our response lies our growth and our freedom.”

- Victor Frankl, Man’s Search for Meaning

“Radical acceptance rests on letting go of the illusion of control and a willingness to notice and accept things as they are right now, without judging.”

– Marsha Linehan, Ph.D.

“Life can show up no other way than that way in which you perceive it.”

- Neale Donald Walsch

“As long as anyone believes that his ideal and purpose is outside him, that it is above the clouds, in the past or in the future, he will go outside himself and seek fulfillment where it cannot be found. He will look for solutions and answers at every point except where they can be found – in himself.”

- Erich Fromm

“Each breath in itself is joy if only we try to find Bliss in it.”

“Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.”

- Victor Frankl, Man’s Search for Meaning

“If you hear a voice within you say “you cannot paint,” then by all means paint and that voice will be silenced.”

- Vincent Van Gogh

“The answer lies within the question itself.”

“Happiness cannot be attained by wanting to be happy – it must come as the unintended consequence of working for a goal greater than oneself.”

– Victor Frankl, Man’s Search for Meaning

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.”

“Love makes the world GO around, while kindness makes the world COME around.”

“Work is Worship.”

“Close your eyes. Fall in love. Stay there.”

- Rumi

“When we are pressured and downtrodden, rejected and bruised, faced with difficulties and adversity, always remember they bring out the best in us. For nothing can withstand all the cuts to be of brilliance except the hardest stone, the diamonds and the extreme heat of the furnace, except the purity of the gold.”

- Timmie Bernaldez

“Some find that very optimistic people have benign illusions about themselves. These people may think they have more control, or more skill, than they actually do. Others have found that optimistic people have a good handle on reality. The jury is still out.”

- Martin Seligman

“The good life is best construed as a matrix that includes happiness, occasional sadness, a sense of purpose, playfulness, and psychological flexibility, as well autonomy, mastery, and belonging.”

- Robert Biswas-Diener

“You don’t have to be the best at something. You just have to be the most determined.”

– Lauren Burns, Australian Olympic Taekwondo Gold Medallist

*“Afhadali kutoa kuliko kupokea.
Swahili for: “It is better to give than to receive”*

*“I am not what happened to me. I am what I choose to become.”
- Carl Jung*

*“When well-being comes from engaging our strengths and virtues,
our lives are imbued with authenticity.”
- Martin Seligman*

*“We are not now that strength which in old days
Moved earth and heaven, that which we are, we are,
One equal temper of heroic hearts,
Made weak by time and fate, but strong in will
To strive, to seek, to find, and not to yield.”
- excerpt from Ulysses by Lord Alfred Tennyson*

*“Love For a cause not applause.
Live to express, not to impress.
Live by choice, not by chance.
Make changes, not excuses.
Be motivated, not manipulated.
Work to excel, not to compete.
Listen to your inner voice
For therein lies the answer to life worth living”*

*“In the depths of midwinter I finally learned there was an
invisible summer”*

- Albert Camus

“Other people matter”

— Christopher Peterson

“Purposeful action is thus the goal of all that is truly educative.”

- Dewey (1935)

“By activating an expansive, tolerant, and creative mindset, positive feelings maximize the social, intellectual, and physical benefits that will accrue.”

- Martin Seligman

“The good life is a process, not a state of being. It is a direction not a destination.”

- Carl Rogers

“When you appreciate the good, the good appreciates.”

- Tal Ben-Shahar

“There’s nothing good or bad but thinking makes it so.”

- William Shakespeare

“There are two things in life that cannot wait: fulfilling filial piety and doing good deeds.”

“Recognize, appreciate and repay your parents’ love.”

— from Jing Si Aphorism by Master Cheng Yen

“Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

- Ralph Waldo Emerson

“When I am in New York, I want to be in Europe, and when I am in Europe, I want to be in New York.”

— Woody Allen

“The universe stands aside for those people who know where they are going...”

- Paulo Coelho

“A truly happy person is one who can enjoy the scenery while on a detour.”