

Motivational Quotes for Stroke Survivors

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Sometimes reading motivational quotes can help restore a healthy outlook on life, so we've compiled our top 5 motivational quotes for stroke survivors to add some positivity to your week.

1. "Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think."

– A.A. Milne (*Author of Winnie the Pooh*)

You are so strong! And often, we become exactly what we think of ourselves. If you think that you'll never make a full recovery, that thinking might be the one thing standing in your way. But if you have faith in yourself and constantly think, "Yes, I *will* make a full recovery," it can make a huge difference.

2. "People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily."

– Zig Ziglar

Staying motivated on the daily can transform your recovery process by banishing negative thinking. When you remind yourself everyday that there is life after stroke, you'll approach each day with fresh enthusiasm.

An easy way to stay motivated is to start a Pinterest board! Pin quotes that resonate with you and keep you working toward your goals. Then, make a ritual out of looking at it daily.

3. “Start thinking wellness, not illness”

– [Kate Allatt](#), *Stroke Survivor*

When things go wrong, we often become focused – a little too focused – on the thing that went wrong. But instead of focusing on the bad, try focusing on the good! Set goals and visualize where you want to be instead of where you don’t want to be. When you become wellness-minded instead of illness-minded, you’ll start to create space for that wellness to manifest in your life.

4. “Our greatest glory is not in never falling, but in getting up every time we fall.”

– *Confucius*

Where would we be if we let life’s obstacles beat us down and keep us down? This quote is about being *stubborn* about the happiness that you deserve. You can do it! Because you are so much stronger than you think.

5. “Do what you have to do until you can do what you want to do.”

–*Oprah Winfrey*

Discipline involves doing what you have to do even though you don’t want to do it – and all stroke survivors are discipline warriors! Do you have a mental list of all the things you want to be able to do? If so, write it down! And next to that list, write down all the actions you’re going to take to get to that place. Then, look at your list every morning. There’s nothing like a little reminder about what you need to do today to get to where you want to be tomorrow.

Related motivational pieces:

- [Motivation – The First Step of Stroke Recovery](#)
- [How to Get Motivated to Do Your Rehab Exercises](#)
- [How to Be Happy During Stroke Recovery](#)