I can do this!
Ever feel as if you were going around in circles?
What a day!!!
Back of the clouds
the sun is always shining!
Togetherness!!!
Live your life in vivid color!!!
If anything ruffles your feathers, preen them and get back in flight!
Yesterday is history. Tomorrow is a mystery. But today is a gift, and that is why it's called the present. Anonymous
There is no failure except in no longer trying.  Elbert Hubbard
The best six doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air
Exercise and diet.
These six will gladly you attend If only you are willing.
Your mind they'll ease.
Your will they'll mend
And charge you not a shilling. ~

Nursery rhyme quoted by Wayne Fields, What the River Knows, 1990
Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. Michael Jordan
When you get to the end of your rope, tie a knot and hang on.

Franklin D. Roosevelt
A diamond is merely a lump of coal that did well under pressure.
A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.  

Harry S. Truman
When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;

Don't give up though the pace seems slow--
You may succeed with another blow,

Success is failure turned inside out--
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you're hardest hit--
It's when things seem worst that you must not quit."