

Optimism & Resiliency Wisdom



Health Promotion Program
Navy Environmental Health Center

Perpetual optimism is a
force multiplier.

~ Colin Powell



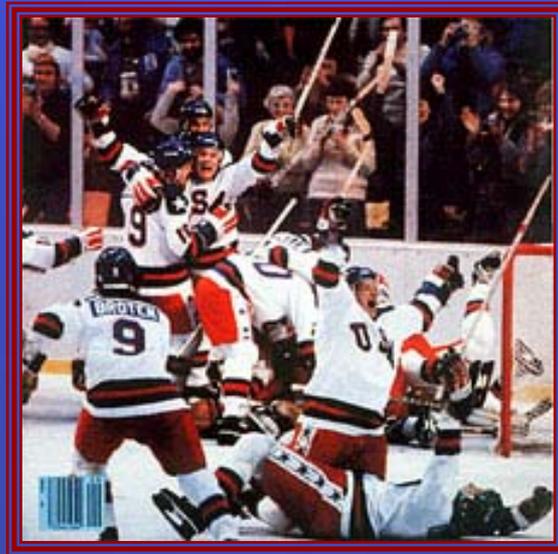
No pessimist ever discovered
the secrets of the stars or
sailed to an uncharted land or
opened a new heaven to the
human spirit.

~ Helen Keller



Man never made any material as resilient as the human spirit.

~ Bern Williams



I am not discouraged because every wrong attempt discarded is another step forward.

~ Thomas Edison



Fall seven times,
stand up eight.

~ Japanese Proverb



Again I rise!

~ Maya Angelou



Go within every day and find the
inner strength so that the world
will not blow your candle out.

~ Katherine Dunham



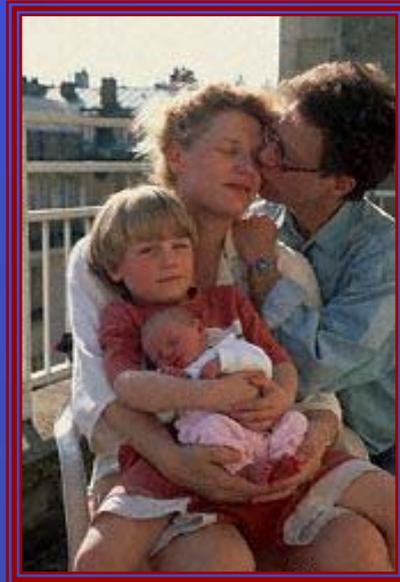
He's a million rubber bands
in his resilience.

~ Senator Alan Simpson



He who has health has hope;
and he who has hope,
has everything.

~ Arabian Proverb



Our greatest glory is not in
never failing, but in
rising every time we fall.

~ Confucius



Keep going. There is always a chance that you will stumble onto something terrific. I have never heard of anyone stumbling over anything while he was sitting down.

~ Charles Kettering



Optimists do not put off happiness
until they reach the finish line.
They enjoy pursuing their goals daily.

~ Dr. Michael Miller



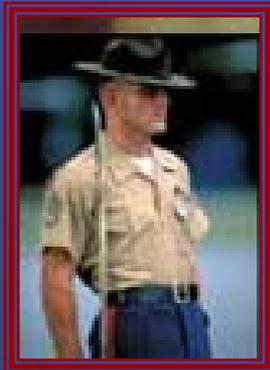
Make the most of the best
and the least of the worst.

~ Dr. Gary Rosberg



Believe that you have it
and you have it!

~ Latin Proverb



The power that makes grass
grow, fruit ripen and guides
the bird in flight, is in us all.

~ Anzia Yeziarska

