



Learn English and get inspired

Display in your workplace
or leave a surprise note on your colleague's desk.

Every day is a new beginning 


Take a deep breath, smile,
and start again

Be kind to yourself

**You are never too old to set another
goal or to dream a new dream** 


It's never too late to pursue your
passions and goals.

Be kind to yourself

Smooth seas don't make skillful sailors. 


Overcoming challenges and adversity
builds strength and resilience.

Be kind to yourself

**You're never as good as everyone tells
you when you win, and you're never as
bad as they say when you lose** 


Stay grounded and focused, regardless
of external opinions.

Be kind to yourself

**Life is about making an impact, not
making an income.** 

Focus on making a positive difference
in the world, rather than solely on
material success.

Be kind to yourself

**"The greatest step towards a life of
simplicity is to learn to let go.** 

Simplify your life by letting go of things
that no longer serve you.

Be kind to yourself

Learn English and get inspired

Display in your workplace
or leave a surprise note on your colleague's desk.

Don't let yesterday take up too much of
today.

Learn from the past, but don't dwell on
it.

Be kind to yourself



If you can't change your fate, change
your attitude.

You can't control everything in life, but
you can control how you react to it.

Be kind to yourself



You can't cross the sea merely by
standing and staring at the water.

Take action and make progress toward
your goals.

Be kind to yourself



The pessimist sees difficulty in every
opportunity. The optimist sees
opportunity in every difficulty.

Your perspective shapes your reality.
View challenges as opportunities to
grow and succeed.

Be kind to yourself



When the going gets tough, the tough
get going.

Resilient individuals persevere through
adversity.

Be kind to yourself



The best way to get started is to quit
talking and begin doing.

Stop procrastinating and take action to
achieve your goals.

Be kind to yourself

