

Inspirational Quotes

Prepare in advance:

Review quotes for appropriate use with your audience. Consider their reading ability, since it would be embarrassing to encourage reading among those for whom the vocabulary below is difficult. You may want to give them the opportunity to put their quote back in and select another – that ensures that they do not have to read a quote that is too difficult to wade through.

Print the following quotes in large font size. Cut each one along the dotted line so they are in individual strips. There are many ways to use these, and you will likely think of creative opportunities!

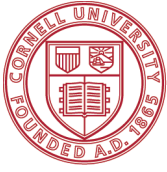
Alternatively, encourage young people to come up with their own quotes.

Activity:

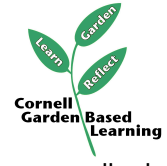
As a group, stand in a circle. Pass around a basket or other container and ask each young person to pull out a quote, reading their quote out loud to the rest of the group as they do. Once all the quotes have been read, tape them up on the wall somewhere prominently in the room.

“Eating is an agricultural act.” – Wendell Berry

Without good farming there can be no good food; and without good food there can be no good life.” – Alice Waters



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“I am convinced that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can, for the harder I work, the more I live.”

– Melnea Cass

Though I do not believe that a plant will spring up where no seed has been, I have great faith in a seed. Convince me that you have a seed there and I am prepared to expect wonders.” – Henry David Thoreau

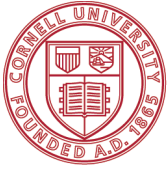
“I don’t know what your destiny will be, but one thing I know – the only ones among you who will be really happy are those who will have sought and found how to serve.” – Albert Schweitzer

“Nowadays we teach our kids about sex in school but we don’t teach them how to garden. Kids already know how to have sex, we need to teach them how to grow food.” – Loretta Lynn

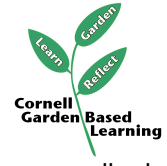
“I think the most profound expression of education is action – action in the interest of helping heal what ails our communities, our nation, and our world.” – Johnnetta Cole

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“When I use my strength in the service of my vision, Then it becomes less and less important whether I am afraid.” – Audre Lorde

“We have the power to change things. It doesn’t take much to start a revolution of thought and spirit. It takes one person, and then another, and then another. We have to have the willingness to be respectful of each other, to celebrate our differences and not let differences become obstacles. It's a responsibility and a chore. But when it works, it's a work of art.” – Leonard Zakim

“Whatever you can do, or think you can, begin it. Boldness has power, and genius, and magic in it.” – Goethe

“I see every person with two eyes. One eye sees who they are today and the other eye sees who they can become tomorrow.” – Millard Fuller

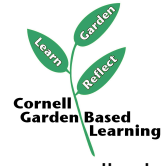
“Not only is another world possible, she is on her way. On a quiet day, I can hear her breathing.” – Arundhati Roy

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“We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color.” – Maya Angelou

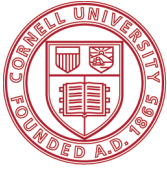
“As human beings, our greatness lies not so much in being able to remake the world, as in being able to remake ourselves.” – Gandhi

“Courage is not the absence of fear, but the will to overcome it.” – U.S. Marine Corps

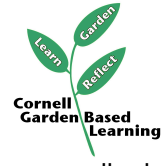
“We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.” – E.E. Cummings

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“All people are caught in an inescapable network of mutuality, in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be.” – Martin Luther King Jr.

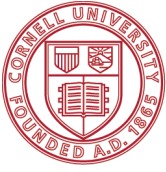
“When written in Chinese, the word “crisis” is composed of two characters. One represents danger and the other represents opportunity.” – John F. Kennedy

“It is in the garden that we get down on our hands and knees and feel the soil draw us into an understanding of the inter-relationships between all living things...It seems to me that the garden is the only practical way for urban societies to come in close contact with the basic realities of life, and if that contact is not close, it is not meaningful at all.” – Gene Logsdon

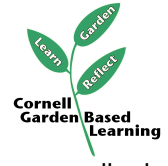
“It is not only for what we do that we are held responsible, but also for what we do not do.” – Moliere

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“Opportunity is missed by most people because it is dressed in overalls and looks like work.” – Thomas Edison

“Everybody can be great. Because everybody can serve. You don’t have to have a college degree to serve. You don’t have to make your subject and verb agree to serve. You don’t have to know about Plato and Aristotle to serve. You don’t have to know Einstein’s theory of relativity to serve. You don’t have to know the second law of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love.” – Martin Luther King Jr.

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