



Brighten Your Day

We all have a bad day at some point. Many things can lead up to the upset mood most get when things don't go their way. Often we find that just one simple sentence can change your outlook. Here are some inspirational quotes to brighten your day.

"Attitude is a little thing that makes a big difference."

– Winston Churchill

"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."

– Francesca Reigler

"Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious."

– Bill Meyer

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

– Albert Einstein

"The best years of your life are the ones in which you decide your problems are your own. You do not blame them on your mother, the ecology, or the president. You realize that you control your own destiny."

– Albert Ellis

"All our dreams can come true – if we have the courage to pursue them."

– Walt Disney

"Great minds discuss ideas. Average minds discuss events. Small minds discuss people."

– Eleanor Roosevelt

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson and Albert Einstein."

– H. Jackson Brown, Jr.

For more ways to boost employee morale through wellness, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or Sharon.Rateike@forthc.com.

