

Inspirational Quotes A - C

Sometimes we have good days, sometimes we have bad days. At other times we just need to reflect on life's little.

Well, here are some quotes from famous and not so famous people, to help you through the bad times and help you celebrate the good times.

And of course if you have some you want to share with us… please drop us a line at chat-bout@chat-bout.net or webmaster@chat-bout.net
ART

A work that aspires, however humbly, to the condition of art should carry its justification in every line. - Joseph Conrad
Art is the difference between seeing and just identifying. - Jean Mary Norman

BEAUTY

For attractive lips, speak words of kindness; for lovely eyes, seek out the good in people; for a slim figure, share your food with hungry people; for beautiful hair, let a child run his fingers through it daily - Anonymous

CHALLENGES

The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse. - Helen Keller

Bull horn can't be too heavy for bull head - Jamaican proverb

You can bounce back. It is possible to become strong in the broken places. You are a lot more courageous and heroic than you may think. - Max Cleland

Trouble is only opportunity in work clothes - Henry J. Kaiser
The greater the obstacle, the more glory in overcoming it. - Moliere

The important thing to remember is that the essence of our humanity is the spirit that lies within our container. We all have this spirit, and it is a reservoir of tremendous potential. When you tap into this potential, you can move mountains. And if you can't, you can still drill right through them. - Rich Ruffalo

The gem cannot be polished without friction, not man perfected without trials. - Chinese proverb

Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. - Helen Keller

It is not ease but effort, not facility but difficulty, that makes man. There is perhaps no station in life in which difficulties do not have to be encountered and overcome before any decided means of success can be achieved. - Samuel Smiles

History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats. - B. C. Forbes

The man who has no problems is out of the game. - Elbert Hubbard

When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is the just the place and the time the tide will turn. - Harriet Beecher Stowe

Every noble work is at first impossible. - Thomas Carlyle

Behind the cloud the starlight lurks, through showers the sunbeams fall
For God, who loveth all his works, Has left his hope with all. - John Greenleaf Whittier

There never was a night or problem that could defeat sunrise or hope. - Bern Williams

The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is costliness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress, and grow brave by reflection. The business of little minds is to shrink, but he whose heart is firm, and whose conscience approves his conduct, will pursue his principles unto death. - Thomas Paine

Adversity is the diamond dust heaven polishes its jewels with. - Leighton

A man of character finds special attractiveness in difficulty; since it is only by coming to grips with difficulty that he can realise his potentialities. - Charles de Gaulle

No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown. - William Penn

If you watch how nature deals with adversity, continually renewing itself, you can't help but learn. - Bernie Siegel

Prosperity doth best discover vice but adversity doth best discover virtue. - Sir Francis

Bacon Who bravely dares must sometimes risk a fall. - Tobias G. Smollett

When you find yourself in a hole … stop digging Anonymous

The pessimist sees the difficulty in every opportunity; the optimist the opportunity in every difficulty. - L. P. Jacks

A smooth sea never made a skilful mariner, neither do uninterrupted prosperity and success qualify for usefulness and happiness. The storms of adversity like those of the ocean, rouse the faculties, and excite the invention, prudence, skill and fortitude for the voyager. The martyrs of ancient time, in bracing their minds to outward calamities, acquired a loftiness of purpose and a moral heroism worth a lifetime of softness and security. - Anonymous

CHANGE

Change is inevitable. In a progressive country, change is constant. - Benjamin Disraeli

The big question is whether you are going to be able to say a hearty yes to your adventure. - Joseph Campbell

Don't fear moving ... only fear standing still – anonymous

CHARACTER

Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny. -Samuel Smiles

Always be a first-rate version of yourself, instead of a second-rate version of somebody else. - Judy Garland

Good character is that quality which makes one dependable whether being truthful when it is to one's advantage to be a little less than truthful which makes one courageous when faced with great obstacles, which endows one with the firmness of wise self-discipline. - Arthur S. Adams

Nearly all men can stand adversity, but if you want to test a man's character, give him power. - Abraham Lincoln

The best index to a person's character is (a) how he treats people who can't do him any good, and (b) how he treats people who can't fight back. - Abigail can Buren

An honest man is the noblest work of God. - Alexander Pope

No legacy is so rich as honesty. - William Shakespeare

Virtue does not always demand a heavy sacrifice – only willingness to make it when necessary. - Frederick Dunn

Most people are about as happy as they make up their minds to be. - Abraham Lincoln

Never esteem anything as of advantage to thee that shall make thee break thy word or lose thy self-respect. - Marcus Aurelius

Those who wish to sing always find a song. - Swedish Proverb

Hold yourself responsible to a higher standard than anyone else expects of you. Never excuse yourself. - Henry Ward Beecher

The real contest is always between what you've done and what you're capable of doing. You measure yourself against yourself and nobody else. - Geoffrey Gaberino

Average is your enemy. - Pearce & Rocky Lane

It is not enough to be good if you have the ability to be better. - Alberta Lee Cox

A happy person is not a person with a certain set of circumstances, but rather a person with a certain set of attitudes. - Hugh Downs

Happiness is not a state to arrive at, but a manner of travelling. - Margaret Lee Runback

No man who is occupied in doing a very difficult thing, and doing it very well, ever loses his self-respect. - George Bernard Shaw

Great opportunities come to all, but many do not know they have met them. The only preparation to take advantage of them is simple fidelity to what each day brings. - A. W. Dunning

Wisdom, compassion and courage – these are the three universally recognised moral qualities of men. - Confucius

A cynic is someone who knows the price of everything and the value of nothing.

Don't go around saying the world owes you a living. The world owes you nothing, it was here first. - Mark Twain

I have not failed. I have just found 10,000 ways that just won't work. - Thomas Alva Edison

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. - Thomas Jefferson

The worst bankruptcy in the world is the person who has lost his enthusiasm. - H. W. Arnold

We cannot become what we need to be by remaining what we are. You can build a reputation on what you intend to do. - Liz Smith

Everybody ought to do at least two things each day that he hates to do, just for practise. - William James

The only discipline that lasts is self-discipline. - B. Phillips

Life is tons of discipline. - Robert Frost

The longer I live, the more I am certain that the great difference between men, between the feeble and the powerful, the great and insignificant, is energy, invincible, determination, a purpose once fixed, and then death or victory. That quality will do anything that can be done in this world; and no talents, no circumstances, no opportunities will make a two-legged creature a man without it. - Sir Thomas F. Baxton

The kind of beauty I want to get is the hard to get kind that comes from within – strength, courage, dignity. - Ruby Dee

CHILDREN

Children will not remember you for the material things you provided but for the feeling that you cherished them. - Richard L. Evans

You may give them your love but not your thoughts, because they have their own thoughts; you may house their bodies but not their souls, for their souls dwell in the houses of tomorrow which you cannot visit, not even in your dreams – Kahlil Gibran

If you treat an individual... as if he were what he ought to be and could be, he will become what he ought to be and could be. – Goethe

The worst thing you can do for your children is to spoil them – anonymous

Professor can never better distinguish himself in his work than by encouraging a clever pupil, for the true discoverers are among them, as comets amongst the stars. – Linnaeus

You may strive to be like them, but seek not to make them like you, for life goes not backwards, nor tarries with yesterday
— Kahlil Gibran

What we learn with pleasure, we never forget. - Alfred Mercier

COURAGE

Courage is grace under pressure. - Ernest Hemingway

Courage is almost a contradiction in terms. It means a strong desire to live, taking the form of a readiness to die. - G. K. Chesterton

Courage is the ladder on which all other virtues mount. - Clare Booth Luce

Courage is no more than cussed stubbornness. It means getting up each day and doing what you have to, going on when circumstances get you down, pushing ahead when others hold you down. - Lamar Dodd

Courage is not the towering oak that sees the storms come and go, it is the fragile blossom that opens in the snow. - Alice Mackenzie Swain

Courage is the resistance to fear, mastery of fear, not absence of fear. - Mark Twain

Courage... it's the essence of the creative spirit, the essence of the human heart. - Joan Curtis

A hero is no braver than an ordinary man, but he is braver five minutes longer. - Ralph Waldo Emerson

One man with courage makes a majority. - Andrew Jackson

We must constantly build dikes of courage to hold back the flood of fears. - Martin Luther King, Jr.

Courage is contagious. When a brave man takes a stand, the spines of others are stiffened. - Billy Graham
Bravery never goes out of fashion. - William M. Thackeray

What matters is not the size of the dog in the fight, but the size of the fight in the dog. - Coach Paul "Bear" Bryant

It's not the size of the man but the size of his heart that matters. - Evander Holyfield

What would happen if we had no courage to attempt anything? - Vincent Van Gogh

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face... you must do the thing you cannot do. - Eleanor Roosevelt

Nothing in life is to be feared. It is only to be understood. - Marie Curie

Whatever we learn to do, we learn by actually doing it: men come to be builders, for instance, by building; and harp-players by playing the harp. In the same way, by doing just acts, we become just; by doing self-controlled acts, we become self-controlled; and by doing brave acts, we become brave. - Aristotle

My message to you is: be courageous. Be as brave as your fathers before you. Have faith! Go forward! - Thomas A. Edison

Fortune favours the bold. - Virgil

It is curious that physical courage should be so common in the world and moral courage so rare. - Mark Twain

Courage is the first of human qualities, because it is the quality that guarantees all others. - Winston Churchill

Keep your fears to yourself, but share your courage. - Robert Louis Stevenson

Sometimes even to live is an act of courage. - Seneca

The high sentiment always win in the end. The leaders who offer blood, toil, tears and sweat always get more out of their followers than those who offer safety and a good time. When it comes to the pinch, human beings are heroic. - George Orwell

Last, but by no means least, courage – moral courage, the courage of one's convictions, the courage to see things through. The world is in a constant conspiracy against the brave. It's an age-old struggle – the roar of the crowd on one side and the voice of your conscience on the other. - Douglas MacArthur

Boldness has genius, power and magic in it. - Geothe