



## TBH INSPIRATIONAL NOTES | COLLECTION ONE



The **TBH INSPIRATION NOTES** are a collection of inspiring quotes, thoughts and sayings. They are designed as a “take home” students can use to continue self-reflection and inspired exploration between class meetings.

**Collection One** includes 200 small cards. Print out the full collection at the beginning of your course. Keep them in a bowl or bag. At the end of each class, invite students to randomly select a note from the collection without looking at the card.

If needed for physical distancing, you may hand out the notes.

### PRINTING INSTRUCTIONS

- The TBH INSPIRATION NOTES are designed for printing on standard business card (3.5” x 2” inch) templated paper, 10 cards per sheet. [CLICK HERE](#) for paper options or purchase on your own.
- Print the notes 2-sided and in color. Separate the cards after printing. If possible, laminate them for easier handling and durability.

Separate along perforations.

TOTAL BRAIN HEALTH



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**To love another person  
is to see the face of God.**

*Victor Hugo*



**Rituals are like ladders:  
They can take you  
to a higher place.**

*Rivvy Nashama*



**I celebrate myself,  
and sing myself.**

*Walt Whitman*



**Practice is a means  
of inviting the  
perfection desired.**

*Martha Graham*



**Life is glorious, but life is also  
wretched. It is both. Glorious-  
ness and wretchedness need  
each other. One inspires us;  
the other softens us.**

*Pema Chodron*



**Tell me, what is it you  
plan to do with your one  
wild and precious life?**

*Mary Oliver*



**Yesterday I was clever, so  
I wanted to change the  
world. Today I am wise,  
so I am changing myself.**

*Rumi*



**This version of myself  
is not permanent  
Tomorrow, I will  
be different.**

*Will.i.am*



**Never lose sight of the fact  
that just being is fun.**

*Katherine Hepburn*



**There is a crack in  
everything; that's how  
the light gets in.**

*Leonard Cohen*

