



## 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.

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

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

*Victor Hugo*



totalbrainhealth.com

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

*Rivvy Nashama*



totalbrainhealth.com

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

*Walt Whitman*



totalbrainhealth.com

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

*Martha Graham*



totalbrainhealth.com

**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*



totalbrainhealth.com

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

*Mary Oliver*



totalbrainhealth.com

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

*Rumi*



totalbrainhealth.com

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

*Will.i.am*



totalbrainhealth.com

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

*Katherine Hepburn*



totalbrainhealth.com

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

*Leonard Cohen*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Always look left before  
crossing the street.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Love for a lifetime,  
sometimes a night.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Followed his advice and  
outlived Jack LaLanne.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Children worth the work  
in the end.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Always carry tissues  
and an extra \$20.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Open you heart,  
many will love you.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Park far and always  
find your car.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Share lots of laughs  
and bear hugs.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Always speak from your  
heart and with honesty.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Think twice, speak once,  
listen well always.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

Separate along perforations.

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Always appreciate the  
small things in life.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live, have fun,  
be you every day.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Always remember that  
a smile is international.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Take care of yourself  
first before others.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be the change  
you wish to see!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Light your lamp  
for others to see.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be kind to everyone,  
even yourself!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be your result  
even before you begin.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live with love, empathy,  
care and understanding.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Don't worry, be happy,  
every single day.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES



**Live every day  
as it's your last.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**When worried  
you need to be still.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Slow down, think,  
help someone and love!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**First start with a smile,  
then ask.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Share some kindness  
with a stranger today.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live each day  
in the present tense.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**The grass is greener  
where you water it.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Don't be afraid  
to dance and laugh!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Giving to others  
gives more to you.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live life to the fullest  
EVERY day!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**If you are not winning  
you are learning!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be kind, be free,  
be yourself always.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Do not worry -  
just try your best.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Life is too short,  
remember to laugh!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be in the moment  
every single day!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live what you love,  
every single day.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Always be humble,  
kind and show respect.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live your life  
to the fullest everyday!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Please stop and  
smell the roses daily.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Listen, learn, move  
forward and enjoy life.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Never hold a grudge,  
forgiveness is love.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Never say never,  
there are no limits.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Forgive quickly, always  
allow for fresh starts.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Live purposeful life  
to the fullest everyday.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Use your mind to do  
challenging things.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Love friends and family,  
hug them often.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Family is more important  
than almost anything.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Don't let pain keep  
you at home.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**If you think you can,  
you will!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Have faith, don't sweat  
the small stuff.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**With children always  
have patience and love.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Help your enemy  
to be your friend.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Find what you love  
and live it.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be happy with what  
you have today.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Make memories - they  
will only last forever.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Kindness will be paid  
back with kindness.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Keep smiling, it helps  
for good relationships.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Laugh often with  
all those you love.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Make your life  
a voyage of discovery.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**If you go crazy,  
do it wisely!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES



**Always carry your  
house keys with you.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Wake up with  
a smile every day!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Introduce yourself to  
someone new every day.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Look for goodness  
where it is unexpected.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Lift up your mind  
and your heart today.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Pick your battles  
and you'll be happier.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Look for the funny side  
of everything.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Do something nice for  
someone every day.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Smile, they'll wonder  
what you're up to.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be sure to make time  
for fun!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Never say yes  
when you mean no.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**If you say you're happy,  
you are!**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Be good to everyone,  
you never know.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Always greet your  
neighbor with a smile.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**You're never too old  
to learn something.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Don't worry when  
there is no reason.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**Don't stand when  
you can sit down.**

*TBH Student*



Shared by a TBH student as part of the 7 Words of Wisdom workout. Do you have wise advice you can share in just 7 words?

**I am not this hair,  
I am not this skin, I am the  
soul that lives within.**

*Rumi*



totalbrainhealth.com

**Love is the bridge between  
you and everything.**

*Rumi*



totalbrainhealth.com

**Injustice anywhere is a  
threat to justice everywhere.**

*Dr. Martin Luther King, Jr.*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.**

*Dr. Martin Luther King, Jr.*



**An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.**

*Dr. Martin Luther King, Jr.*



**He who is devoid of the power to forgive is devoid of the power to love.**

*Dr. Martin Luther King, Jr.*



**If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.**

*Dr. Martin Luther King, Jr.*



**Only in the darkness can you see the stars.**

*Dr. Martin Luther King, Jr.*



**If you're always trying to be normal, you will never know how amazing you can be.**

*Maya Angelou*



**You may not control all the events that happen to you, but you can decide not to be reduced by them.**

*Maya Angelou*



**We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.**

*Maya Angelou*



**If you don't like something, change it. If you can't change it, change your attitude.**

*Maya Angelou*



**If I am not good to myself, how can I expect anyone else to be good to me?**

*Maya Angelou*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Raise your words,  
not voice. It is rain that  
grows flowers,  
not thunder.**

*Rumi*



**Wherever you are,  
and whatever you do,  
be in love.**

*Rumi*



**Your heart is the size  
of an ocean. Go find your-  
self in its hidden depths.**

*Rumi*



**When the world  
pushes you to your knees,  
you're in the perfect  
position to pray.**

*Rumi*



**Let the waters settle and  
you will see the moon  
and the stars mirrored  
in your own being.**

*Rumi*



**Someone I loved once gave  
me a box full of darkness.  
It took me years to under-  
stand that this too, was a gift.**

*Mary Oliver*



**Flow with whatever may  
happen and let your mind  
be free: Stay centered by  
accepting what you are  
doing. This is the ultimate.**

*Chuang-Tzu*



**Our deepest fear is not that we  
are inadequate. Our deepest  
fear is that we are powerful  
beyond measure.**

*Marianne Williamson*



**I have tried 99 times  
and have failed, but on the  
100th time came success.**

*Albert Einstein*



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

*Walt Disney*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES



**The only person you are  
destined to become is the  
person you decide to be.**

*Ralph Waldo Emerson*



**Kind words may be short...  
but their echoes are endless.**

*Mother Theresa*



**I've learned that people will  
forget what you said, people  
will forget what you did,  
but people will never forget  
how you made them feel.**

*Carl Beuhner*



**The wound is the place  
where the Light enters you.**

*Rumi*



**Only from the heart  
can you touch the sky.**

*Rumi*



**Every moment and every  
event of every man's life  
plants something in his soul.**

*Thomas Merton*



**We have what we seek,  
it is there all the time, and if  
we give it time, it will make  
itself known to us.**

*Thomas Merton*



**You are your best thing.**

*Toni Morrison*



**Something that is loved  
is never lost.**

*Toni Morrison*



**Keep some room  
in your heart  
for the unimaginable.**

*Mary Oliver*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**If you suddenly and  
unexpectedly feel joy,  
don't hesitate. Give in to it.**

*Mary Oliver*



**The optimist sees the rose  
and not its thorns;  
the pessimist stares at the  
thorns, oblivious of the rose.**

*Khalil Gibran*



**For life and death are one,  
even as the river  
and the sea are one.**

*Khalil Gibran*



**Forget not that the earth  
delights to feel your bare feet  
and the winds long to  
play with your hair.**

*Khalil Gibran*



**Yesterday is but today's  
memory, tomorrow is  
today's dream.**

*Khalil Gibran*



**If you tell the truth,  
you don't have to  
remember anything.**

*Mark Twain*



**Keep away from people who try  
to belittle your ambitions. Small  
people always do that, but the  
really great make you feel that  
you, too, can become great.**

*Mark Twain*



**Wrinkles should merely  
indicate where the  
smiles have been.**

*Mark Twain*



**Always do what is right.  
It will gratify half of  
mankind and astound  
the other.**

*Mark Twain*



**The two most important  
days in your life are the day  
you are born and the day  
you find out why.**

*Mark Twain*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**It's not the years in your  
life that count. It's the  
life in your years.**

*Abraham Lincoln*



totalbrainhealth.com

**Everyone thinks about  
changing the world,  
but no one thinks of  
changing himself.**

*Leo Tolstoy*



totalbrainhealth.com

**The greatest glory in living  
lies not in never falling, but  
in rising every time we fall.**

*Nelson Mandela*



totalbrainhealth.com

**If life were predictable  
it would cease to be life,  
and be without flavor.**

*Eleanor Roosevelt*



totalbrainhealth.com

**The future belongs to  
those who believe in the  
beauty of their dreams.**

*Eleanor Roosevelt*



totalbrainhealth.com

**Life is what happens  
when you're busy  
making other plans.**

*John Lennon*



totalbrainhealth.com

**With the new day  
comes new strength.**

*Eleanor Roosevelt*



totalbrainhealth.com

**Always remember that  
you are absolutely unique.  
Just like everyone else.**

*Margaret Mead*



totalbrainhealth.com

**Tell me and I forget.  
Teach me and I remember.  
Involve me and I learn.**

*Benjamin Franklin*



totalbrainhealth.com

**Whoever is happy will  
make others happy too.**

*Anne Frank*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Do not go where the path  
may lead, go instead  
where there is no path  
and leave a trail.**

*Ralph Waldo Emerson*



totalbrainhealth.com

**You have brains in your  
head. You have feet in your  
shoes. You can steer yourself  
any direction you choose.**

*Dr. Seuss*



totalbrainhealth.com

**You only live once,  
but if you do it right,  
once is enough.**

*Mae West*



totalbrainhealth.com

**I never said it would be easy,  
I only said it would  
be worth it.**

*Mae West*



totalbrainhealth.com

**I have reached an age  
when, if someone tells  
me to wear socks,  
I don't have to.**

*Albert Einstein*



totalbrainhealth.com

**We don't stop playing  
because we grow old.  
We grow old because  
we stop playing.**

*George Bernard Shaw*



totalbrainhealth.com

**There is a fountain of  
youth: it is your mind, your  
talents, the creativity you  
bring to your life and the  
lives of people you love.**

*Sophia Loren*



totalbrainhealth.com

**Aging is not lost youth  
but a new stage of  
opportunity and strength.**

*Betty Friedan*



totalbrainhealth.com

**Life is not the amount  
of breaths you take,  
its the moments that  
take your breath away.**

*Anonymous*



totalbrainhealth.com

**A mind that is stretched by  
experience can never go  
back to its old dimension.**

*Oliver Wendell Holmes*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES



**Memory is the diary  
that we all carry  
about with us.**

*Oscar Wilde*



totalbrainhealth.com

**People who want to appear  
clever rely on memory.  
People who want to get  
things done make lists.**

*Peter McWilliams*



totalbrainhealth.com

**We do not remember  
the days, we remember  
the moments.**

*Cesare Pavese*



totalbrainhealth.com

**In three words I can  
sum up everything I've  
learned about life -  
it goes on.**

*Robert Frost*



totalbrainhealth.com

**I like nonsense,  
it wakes up the brain cells.**

*Dr. Seuss*



totalbrainhealth.com

**Live as if you were to die  
tomorrow, learn as if you  
were to live forever.**

*Mahatma Gandhi*



totalbrainhealth.com

**You have brains in your  
head. You have feet in  
your shoes. You can steer  
yourself any direction  
you choose.**

*Dr. Seuss*



totalbrainhealth.com

**You can't live a positive life  
with a negative mind.**

*Miley Cyrus*



totalbrainhealth.com

**If we remembered  
everything, we should on  
most occasions be as ill off  
as if we remembered nothing.**

*William James*



totalbrainhealth.com

**Its a poor memory that  
only works backwards.**

*Lewis Carroll*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**The richness of life  
lies in the memories  
we have forgotten.**

*Cesare Pavese*



totalbrainhealth.com

**One can remain alive long past the  
usual date of disintegration if one  
is unafraid of change, insatiable in  
intellectual curiosity, interested in  
big things, and happy in small ways.**

*Edith Wharton*



totalbrainhealth.com

**God gave us memory  
so that we might have  
roses in December.**

*James M. Barrie*



totalbrainhealth.com

**Memory is the mother  
of all wisdom.**

*Aeschylus*



totalbrainhealth.com

**The true art of memory  
is the art of attention.**

*Samuel Johnson*



totalbrainhealth.com

**I have a two-story house  
and a bad memory,  
so I'm up and down  
those stairs all the time.  
That's my exercise.**

*Betty White*



totalbrainhealth.com

**Right now I'm having  
amnesia and déjà vu at the  
same time. I think I've  
forgotten this before.**

*Steven Wright*



totalbrainhealth.com

**To be ignorant of what oc-  
curred before you were born  
is to remain always a child.**

*Cicero*



totalbrainhealth.com

**It is not enough to have  
a good mind.  
The main thing is  
to use it well.**

*Rene Descartes*



totalbrainhealth.com

**All experience is an arch,  
to build upon.**

*Henry B Adams*



totalbrainhealth.com

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Retirement at 65 is  
ridiculous. When I was 65,  
I still had pimples.**

*George Burns*



**Whether you think you can  
or think you can't,  
you are right.**

*Henry Ford*



**To study hard, think quietly, talk  
gently, act frankly; To listen to  
stars and buds, to babes and  
sages, with open heart... hurry  
never; This is my symphony.**

*William Henry Channing*



**A scattered mind cannot  
gather enough momentum  
to progress on the path  
to discipline.**

*Gurumayi Chidvilasanda*



**The longer I live  
the more beautiful  
life becomes.**

*Frank Lloyd Wright*



**Age is an issue of mind  
over matter. If you don't  
mind, it doesn't matter.**

*Mark Twain*



**Age is no barrier.  
It's a limitation you put  
on your mind.**

*Jackie Joyner-Kersey*



**Anyone who keeps  
the ability to see beauty  
never grows old.**

*Franz Kafka*



**Those who love deeply  
never grow old;  
they may die of old age,  
but they die young.**

*Benjamin Franklin*



**Old age is an excellent time  
for outrage. My goal is to say  
or do at least one outrageous  
thing every week.**

*Maggie Kuhn*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

**Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!**

*Ingrid Bergman*



**None are so old as those who have outlived enthusiasm.**

*Henry David Thoreau*



**The purpose of our lives is to be happy.**

*The Dalai Lama*



**Being happy never goes out of style.**

*Lily Pulitzer*



**Success is not final, failure is not fatal: it is the courage to continue that counts.**

*Winston Churchill*



**I can't change the direction of the wind, but I can adjust my sails to always reach my destination.**

*Jimmy Dean*



**Life is like riding a bicycle. To keep your balance, you must keep moving.**

*Albert Einstein*



**Nothing is impossible. The word itself says "I'm possible!"**

*Audrey Hepburn*



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

*C.S. Lewis*



**Try to be a rainbow in someone else's cloud.**

*Maya Angelou*



TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES

TOTAL BRAIN HEALTH



INSPIRATIONAL NOTES



**The most wasted of days is  
one without laughter.**

*E.E. Cummings*



totalbrainhealth.com

**It isn't where you came from.  
It's where you're going  
that counts.**

*Ella Fitzgerald*



totalbrainhealth.com

**It is never too late to be  
what you might have been.**

*George Eliot*



totalbrainhealth.com

**Happiness often sneaks in  
through a door you didn't  
know you left open.**

*John Barrymore*



totalbrainhealth.com

**Keep your face  
to the sunshine and you  
cannot see a shadow.**

*Helen Keller*



totalbrainhealth.com

**Be the change you wish  
to see in the world.**

*Mahatma Gandhi*



totalbrainhealth.com

**The bad news is time flies.  
The good news is  
you're the pilot.**

*Michael Altschuler*



totalbrainhealth.com

**Spread love  
everywhere you go.**

*Mother Theresa*



totalbrainhealth.com

**No matter what people  
tell you, words and ideas  
can change the world.**

*Robin Williams*



totalbrainhealth.com

**Each person  
must live their life  
as a model for others.**

*Rosa Parks*



totalbrainhealth.com