

Words that Help

Objective

To find words that can help motivate you to address your problems and challenges.

What to Know

When you are struggling with problems in your life, it is useful to remember that you are not the first person to face these challenges. Many people have faced similar issues, and many have given us words of inspiration and wisdom.

Words that can help you face your challenges can come from song lyrics, quotes, podcasts, poems, scripture, books, even bumper stickers. You never know where you might find inspiration. Here are a few examples of words that have inspired tens of thousands of people.

- “Just as despair can come to one only from other human beings, hope, too, can be given to one only by other human beings.” – Elie Weisel
- “He knows not his own strength who hath not met adversity.” – William Samuel Johnson
- “The greatest glory in living lies not in never failing, but in rising every time we fail.” – Nelson Mandel
- “Things turn out the best for the people who make the best of the way things turn out.” – John Wooden
- “I learned there are troubles of more than one kind. Some come from ahead, others come from behind. But I’ve bought a big bat. I’m all ready, you see. Now my troubles are going to have trouble with me.” – Dr. Seuss
- “Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day, saying, “I will try again tomorrow.” – Mary Anne Radmacher
- “The human capacity for burden is like bamboo – far more flexible than you’d ever believe at first glance.” — Jodi Picoult
- “I can be changed by what happens to me. But I refuse to be reduced by it.” — Maya Angelou
- “Don’t believe everything you think.” – bumper sticker
- “It’s your reaction to adversity, not adversity itself, that determines how your life’s story will develop.” — Dieter F. Uchtdorf
- “My barn having burned down, I can now see the moon.” — Mizuta Masahide
- “If you’re going through hell, keep going.” — Winston Churchill
- “We are all faced with a series of great opportunities brilliantly disguised as impossible situations.” — Chuck Swindoll
- “You have power over your mind – not outside events. Realize this, and you will find strength.” — Marcus Aurelius
- “If your heart is broken, make art with the pieces.” — Shane Koyczan

What is the problem that these words can help you with? Write something else you could say to yourself that could help you with this issue.

Start a notebook or journal of inspirational “words that can help.” Write down quotes or wrote down your own thoughts. Try and do this every day (preferably at the same time of day), for at least three weeks. Then decide if this is a ritual that can continue to help you.

Reflections on This Exercise

How helpful was this exercise? _____
(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything in particular you learned from this exercise?
