

Thought for the Day 2022-2023

Thinking through quotes, which to say scouring a range of texts for insight, is one way to outline the process of thinking/feeling through a subject.

Masha Tupitsyn

Week No.	W/C	Theme	Thoughts
1	5.9.22	New Beginnings 1	<p>Every day is a new beginning – take a deep breath, smile and start again.</p> <p>Don't be afraid if things seem difficult in the beginning. That's only the initial impression. The important thing is not to retreat; you have to master yourself. Olga Korbut</p> <p>Keep in mind that thousands, if not hundreds of thousands of people, re-invent themselves every year. Like you they are eager for a better quality of life and finally decide to do something about it. Christopher Quinn, Reinventing Yourself at Any Age</p>
2	12.9.22	New Beginnings 2	<p>I thought yesterday was the first day of the rest of my life but it turns out today is.</p> <p>Even the greatest was once a beginner. Don't be afraid to take that first step. Muhammad Ali</p> <p>What I do today is important because I am exchanging a day of my life for it.</p>
3	19.9.22	Kindness	<p>Be kind, for everyone you meet is fighting a hard battle. Socrates</p> <p>We don't have to agree on anything to be kind to one another.</p> <p>Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.</p>
4	26.9.22	Happiness	<p>The most important thing is to enjoy your life – to be happy – it's all that matters. Audrey Hepburn</p> <p>You cannot protect yourself from sadness without protecting yourself from happiness. Jonathan Safran Foer</p> <p>I'm happy. Which often looks like crazy. David Henry Hwang, M. Butterfly</p>
5	3.10.22	Diversity	<p>Every child need not fit the same mould – nor should we force them to do so. Dr James Dobson</p> <p>Why fit in when you were born to stand out?</p>

			The place in which I'll fit will not exist until I make it. James Baldwin
6	10.10.22	Friendship	Sometimes we need someone to be there. Not to say anything or fix anything, but to let us know that they are on our side and that they care for us. Sometimes you need to give up on someone. Not because you don't care, but because they don't. I keep telling myself to stop talking to weirdos but then I would not have any friends left.
7	17.10.22	Hinduism Festival- Diwali (begins 24.10.22)	A warm Diwali wish for all the happiness. May the warmth and splendour, that are a part of this auspicious occasion, fill your life with happiness and bright cheer, and bring to you joy and prosperity, for the whole year. An occasion to celebrate victory over defeat, light over darkness, awareness over ignorance...an occasion to celebrate life...may this auspicious occasion light up your life with happiness, joy, and peace. All that I wish for you on this Festival of Lights is: D = Dazzling Lights I = Immense Joy W = Windfall A = Abundant Peace L = Lavish Peace I = Illustrious Life HAPPY DIWALI!
-		<i>Half-term</i>	
8	31.10.22	Character	A true test of character isn't how you are on your best days but how you act on your worst days. The real test of character is how you treat the people you do not have to be nice to. You can tell a lot about a person's character by what they laugh at.
9	7.11.22	Remembrance	They fought together as brothers-in-arms. They died together and now they sleep side by side. To them we have a solemn obligation. For them there can be no new earthly dawn. Yet though their bones lie in the darkness of the grave, they will not have died in vain, if their remembrance can lead us from the long, long time of war to the time for peace." Herman Wouk, War and Remembrance – bestselling, Pulitzer Prize-winning Jewish American author The living owe it to those who no longer can speak to tell their story for them. Sara Zarr
10	14.11.22	Difficulties	A ship in harbor is safe, but that is not what ships are built for.

			<p>In times of difficulties, do not get discouraged. Lailah Gifty Akita</p> <p>You're trying to escape from your difficulties, and there never is any escape from difficulties, never. They have to be faced and fought. Enid Blyton</p>
11	21.1.22	Self	<p>YOU. ARE. PERFECT. You are. I'm talking to YOU. And don't you dare think otherwise...embrace the entity of yourself...you are a puzzle piece and you are meant to be puzzling. Kaiden Blake</p> <p>This above all: to thine own self be true. William Shakespeare, Hamlet</p> <p>I am what time, circumstance, history, have made of me, certainly, but I am also much more than that. So are we all. James Baldwin</p>
12	28.11.22	Barriers and Limitations	<p>A barrier is only a limitation when you see it as one. Marc Hammond</p> <p>In every cry of every Man, In every Infants cry of fear, In every voice: in every ban, The mind-forg'd manacles I hear William Blake</p> <p>So, I'll tell you what Justice O'Connor once said to me. Suppose we had come of age at a time when women lawyers were welcome at the Bar. You know what, today we'd be retired partners from some law firm. But because that route was not open to us, we had to find another way. And, we both end up on the United States Supreme Court. Ruth Bader Ginsburg</p>
13	5.12.22	Christianity Festival - Christmas 1	<p>Many people pray and only dream of what we often take for granted. Especially at Christmas, help change the world one person at a time, help change a person's life by giving to the less fortunate. Catherine Pulsifer</p> <p>May this Christmas allow you to rediscover yourself and that once you discover the value of feelings, share them as a message of love and peace.</p> <p>Grownups are the ones who puzzle me at Christmastime...Who, but a grownup, would ruin a beautiful holiday season for himself by suddenly attempting to correspond with four hundred people he doesn't see all year? Charles M. Schulz, Charlie Brown's Christmas Stocking</p>
14	12.12.22	Christianity Festival - Christmas 2	<p>Christmas can be a maze of commercialism if we let it. Instead, let's make it a moment of clarity in which we view our sometimes confusing and threatening world against the backdrop of God's gift to us: the Prince of Peace who was announced by angels on that original 'midnight clear'.</p>

			<p>David Jeremiah</p> <p>I ask that the feelings that Christmas brings with it be lasting 365 days a year. I hug you and wish you a merry Christmas.</p> <p>The humility and simplicity with which the baby Jesus was born, in the middle of a manger, shows us that there is nothing more important than love. Merry Christmas everyone!</p>
-		<i>Christmas</i>	
15	2.1.23	New Year	<p>For eleven months and maybe about twenty days each year, we concentrate upon the shortcomings of others, but for a few days at the turn of New Year, we look at our own. It is a good habit.</p> <p>Arthur H. Sulzberg</p> <p>If you like the results you are getting, then by all means, continue with your current behaviours. On the other hand, if you are open to a change in anything; consider starting your New Year differently.</p> <p>Sumner M. Davenport, No More New Year's Resolutions</p> <p>As the year begins pick one positive word to represent what you would like the year to hold for you. As the year progresses think of this word often. You see what you think about does come true.</p>
16	9.1.23	Ambition	<p>A man's worth is no greater than the worth of his ambitions.</p> <p>Marcus Aurelius Antoninus</p> <p>You are never too old to set another goal or to dream another dream.</p> <p>CS Lewis</p> <p>Your dream doesn't have an expiration date. Take a deep breath and try again.</p>
17	16.1.23	Be Yourself	<p>Do not live someone else's life and someone else's idea of what womanhood is. Womanhood is you. Womanhood is everything that's inside of you.</p> <p>Viola Davis</p> <p>Our men are caged, too. The parts of themselves they must hide to fit into those cages are the slices of their humanity that our culture has labelled "feminine"—traits like mercy, tenderness, softness, quietness, kindness, humility, uncertainty, empathy, connection.</p> <p>Glennon Doyle, Untamed</p> <p>Be yourself – not your idea of what you think somebody else's idea of yourself should be.</p>
18	23.1.23	Speaking Out	<p>Those who have a voice must speak for those who are voiceless.</p> <p>"That's the key. It's gotta change."</p>

			<p>A lump forms in my throat as the truth hits me. Hard. "That's why people are speaking out, huh? Because it won't change if we don't say something." "Exactly. We can't be silent." "So I can't be silent." Angie Thomas, <i>The Hate U Give</i></p> <p>I am not anxious to be the loudest voice or the most popular. But I would like to think that at a crucial moment, I was an effective voice of the voiceless, an effective hope of the hopeless. Whitney M. Young Jr.</p>
19	30.1.23	Leadership	<p>Being positive in a negative situation is not being naive, it's leadership.</p> <p>If your actions inspire others to dream more, learn more, do more and become more, you are a leader. John Quincy Adams</p> <p>Leadership is not a position or title, it is action and example.</p>
20	6.2.23	Mental Health	<p>Sitting silently beside a friend who is hurting may be the best gift we can give.</p> <p>Sometime being with your best friend is all the therapy you need.</p> <p>Thank you for staying by my side even though I tried to push you away.</p>
21	13.2.23	Safer Internet Day (14.2.23)	<p>In the internet, individuals with various skin hues, nationalities, societies and dialects ought to be similarly qualified for support, free discourse and improvement. We should forsake partialities, regard contrasts, and be tolerant and open.</p> <p>The internet can't make up for genuine space. We profit by talking to individuals eye to eye.</p> <p>The wifi went down for five minutes, so I had to talk to my family. They seem like nice people...</p>
-		<i>Half-term</i>	
22	27.2.23	Progress	<p>Make improvements, not excuses. Seek respect, not attention. Roy T. Bennett</p> <p>If there is no struggle, there is no progress. Frederick Douglass</p> <p>And a step backward, after making a wrong turn, is a step in the right direction. Kurt Vonnegut, <i>Player Piano</i></p>
23	6.3.23	Positivity	<p>Positive mind, positive vibes, positive life.</p> <p>One small positive thought in the morning can change the entire outcome of your day!</p>

			A positive attitude may not solve all your problems, but it annoys enough people to make it worthwhile.
24	13.3.23	Opinions	<p>People will encourage you to have an opinion, until the opinion you have is not the correct opinion...in their opinion. Broms The Poet, Feast</p> <p>All opinions are not equal. Some are a very great deal more robust, sophisticated and well supported in logic and argument than others. Douglas Adams, The Salmon of Doubt</p> <p>The problem with today's world is that everyone believes they have the right to express their opinion AND have others listen to it. The correct statement of individual rights is that everyone has the right to an opinion, but crucially, that opinion can be roundly ignored and even made fun of, particularly if it is demonstrably nonsense! Brian Cox</p>
25	20.3.23	Islamic Festival - Ramadan (begins 22.3.23)	<p>Ramadan Mubarak! May this time of fasting and prayers give you the strength to face the challenges that come your way.</p> <p>Whenever you feel alone and sad, remember that God is with you. He will never leave you alone and always guide you. Ramadan Mubarak!</p> <p>Allah's blessings will always be with us, but this month rejoice and appreciate them. Happy Ramadan!</p>
26	27.3.23	Christian Festival - Easter	<p>Easter spells out beauty, the rare beauty of new life.</p> <p>The message of the resurrection is that this world matters! That the injustices and pains of this present world must now be addressed with the news that healing, justice, and love have won. N.T. Wright, For All God's Worth</p> <p>This week, whatever you may be facing, remember that in three short days, the disciples and family of Christ went from hopelessness to hopeful - from devastation to celebration, from defeat to victory! Because of the cross and the tomb, you have a hope in Christ! Sheri Easter</p>
-		<i>Easter</i>	
27	17.4.23	Get on with it	<p>Self-discipline is the ability to make yourself do what you should do when you should do it, whether you feel like it or not. Elbert Hubbard</p> <p>A day can really slip by when you're deliberately avoiding what you're supposed to do. Bill Watterson</p> <p>A year from now you may wish you had started today. Karen Lamb</p>

28	24.4.23	Sleepless Nights	<p>Sometimes I lie awake at night, and I ask, 'Where have I gone wrong'. Then a voice says to me, 'This is going to take more than one night.'</p> <p>Charles M Schultz</p> <p>Sometimes I lie awake at night and I ask, 'Why me?', then a voice answers 'Nothing personal, your name just happened to come up.'</p> <p>Charles M Schulz</p> <p>Sometimes you lie in bed at night, and you don't have a single thing to worry about...That always worries me!</p> <p>Charles M. Schulz</p>
29	1.5.23	Buddhism Festival - Buddha Day/Visakha Puja/Wesak (5.5.23)	<p>You only lose what you cling to.</p> <p>Guatama Buddha</p> <p>Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything - anger, anxiety, or possessions - we cannot be free.</p> <p>Thich Nhat Hanh, The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation</p> <p>It is impossible to build one's own happiness on the unhappiness of others. This perspective is at the heart of Buddhist teachings.</p> <p>Daisaku Ikeda</p>
30	8.5.23	Life	<p>There was another life that I might have had, but I am having this one.</p> <p>Kazuo Ishiguro</p> <p>Sometimes you make choices in life and sometimes choices make you.</p> <p>Gayle Forman</p> <p>I wanted a perfect ending. Now I've learned, the hard way, that some poems don't rhyme, and some stories don't have a clear beginning, middle, and end. Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity.</p> <p>Gilda Radner</p>
31	15.5.23	Obstacles	<p>Obstacles do not block the path, they are the path.</p> <p>Anonymous</p> <p>Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.</p> <p>Michael Jordan</p> <p>You'll encounter many obstacles on the road to success, don't allow yourself to be one of them.</p> <p>Rob Liano</p>
32	22.5.23	Mistakes	<p>When you make a mistake, there are only three things you should ever do about it: admit it, learn from it, and don't repeat it.</p>

			<p>Paul Bear Bryant</p> <p>Don't mention a person's past mistakes when they are trying to change. That's like throwing rocks at them while they are struggling to climb a mountain.</p> <p>You can't make the same mistake twice. The second time you make it, it's no longer a mistake. It's a choice.</p>
-		<i>Half-term</i>	
33	5.6.23	Knowledge or Wisdom?	<p>To attain knowledge, add things every day. To attain wisdom, remove things every day. Lao Tse</p> <p>Knowledge you may get from books but wisdom is trapped within you, release it. Ismat Ahmed Shaikh</p> <p>A true teacher would never tell you what to do. But he would give you the knowledge with which you could decide what would be best for you to do. Christopher Pike, Sati</p>
34	12.6.23	Individuality	<p>Always keep in mind you are unique – just like everybody else.</p> <p>Every child is different. They just unwrap their packages at different times.</p> <p>Don't you ever let a soul in the world tell you that you can't be exactly who you are. Lady Gaga</p>
35	19.6.23	Friendship	<p>Friendship means understanding, not agreement. It means forgiveness, not forgetting. It means the memories last, even if contact is lost.</p> <p>If you wanna find out who's a true friend, screw up or go through a challenging time...then see who sticks around. Karen Salmonsohn</p> <p>No matter how sure you are that a friend will be there for you, it's the greatest feeling when the time comes and there they are.</p>
36	26.6.23	Live in the moment	<p>Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day. You shall begin it serenely and with too high a spirit to be encumbered with your old nonsense. Ralph Waldo Emerson</p> <p>Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin. Mother Teresa</p> <p>Forever is composed of nows. Emily Dickinson</p>
37	3.7.23	Optimist or Pessimist?	"I have a feeling that this is going to be a good year."

			<p>"What makes you think so?" "I don't know... It just has all the appearances of a good year." "Have you looked in all the corners?" — Charles M. Schulz</p> <p>I have a new philosophy. I'm only going to dread one day at a time. — Charles M Schulz</p> <p>"Some day, we will all die, Snoopy." "True, but on all the other days, we will not." — Charles M. Schulz</p>
38	10.7.23	Change the World	<p>The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope. Barack Obama</p> <p>The world changes according to the way people see it, and if you can alter, even by a millimetre, the way people look at reality then you can change the world. James Baldwin</p> <p>Start where you are. Use what you have. Do what you can.</p>
39	17.7.23	Moving On	<p>Nothing in the universe can stop you from letting go and starting over. Guy Finley</p> <p>All endings are also beginnings. We just don't know it at the time. Mitch Albom</p> <p>In the end, you will understand that it was simpler than you envisioned when you were beginning. Will Turman</p>