

# 101 Quotes that Inspire *Everyday Humanitarians*

## By Corrina Steward

I believe that every one of us can be an *Everyday Humanitarian*. How we choose to live our lives impacts everyone around us and the nature of the world around us. We can bring peace into the world or we can spread negativity and discontent.

I asked the many *Everyday Humanitarians* in my life which humanitarians inspire them. Below, in simple list form, are the humanitarians that inspire them and me. I hope you will be inspired and find more reason to be an *Everyday Humanitarian* in your own life.

--Corrina Steward

Learn more about how to *Be an Everyday Humanitarian*.

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The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences. --Eleanor Roosevelt, United Nations Diplomat and former First Lady

We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot. --Eleanor Roosevelt, United Nations Diplomat and former First Lady

The future belongs to those who believe in the beauty of their dreams. --Eleanor Roosevelt, United Nations Diplomat and former First Lady

Love is doing small things with great love. --Mother Teresa, Nun and Noble Peace Prize Winner

Do not wait for leaders. Do it alone, person to person. --Mother Teresa, Nun and Noble Peace Prize Winner

It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving. --Mother Teresa, Nun and Noble Peace Prize Winner

We face a true planetary emergency. The climate crisis is not a political issue; it is a moral and spiritual challenge to all of humanity. --Al Gore, former U.S. Vice President and Nobel Peace Prize Winner

We cannot change the past, but we can change our attitude toward it.

Uproot guilt and plant forgiveness.

Tear out arrogance and seed humility.

Exchange love for hate ---  
thereby, making the present comfortable and the future promising.  
--Maya Angelou, Poet and Author

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become reality. I believe that unarmed truth and unconditional love will have the final word. --Dr. Martin Luther King, Jr., civil rights leader

Take the first step in faith. You don't have to see the whole staircase, just take the first step. --Dr. Martin Luther King Jr., civil rights leader

Courage is not demonstrated by domination of others, but in mastery of our deepest emotions. Transforming fear and hate into compassion for all human beings is a powerful way to turn the world way from darkness. --Author Unknown

With courage you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity. --Keshavan Nair, author and business coach

I better quit my talking 'cause I told you all I know  
But please remember, pardner, wherever you may go  
The people are building a peaceful world, and when the job is done,  
That'll be the biggest thing that man has ever done.  
--Woody Guthrie, American folk hero

Simple truths are more powerful than empires. --Gandhi

Freedom is not given to us by anyone; we have to cultivate it ourselves. It is a daily practice... No one can prevent you from being aware of each step you take or each breath in and breath out. —Thich Nhat Hanh, Zen Buddhist Monk

You can use your life in a very useful and intelligent way. You can very well transform that negative energy into a positive energy that empowers you and makes life meaningful.  
--Thich Nhat Hanh, Zen Buddhist Monk

But if we have the energy of compassion and loving kindness in us, the people around us will be influenced by our way of being and living. --Thich Nhat Hanh, Zen Buddhist Monk

By bringing about a change in our outlook toward things and events, all phenomena can become sources of happiness.--14th Dalai Lama, Tibetan spiritual leader

Without inner peace, it is impossible to have world peace.  
--14<sup>th</sup> Dalai Lama, Tibetan spiritual leader

One of the most difficult things is not to change society--but to change yourself.  
--Nelson Mandela, former President of South Africa

It enables me to go to bed with an enriching feeling in my soul and the belief that I am changing myself.  
--Nelson Mandela, former President of South Africa

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that frightens us. Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. --Nelson Mandela, former President of South Africa, inaugural address, written by Marianne Williamson

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So I never doubted that ultimately we were going to be free, because ultimately, I knew there was no way in which a lie could prevail over the truth, darkness over light, death over life. --Desmond Tutu, South African archbishop and Nobel Peace Prize Winner

It means a great deal to those who are oppressed to know that they are not alone. And never let anyone tell you that what you are doing is insignificant. --Desmond Tutu, South African archbishop and Nobel Peace Prize Winner

We are what we repeatedly do. Excellence, therefore, is not an act but a habit. --Aristotle, philosopher

The power of imagination makes us infinite. --John Muir, environmentalist

Imagination is more important than knowledge. --Albert Einstein, physicist

Go confidently in the direction of your dreams. Live the life you have imagined. --Henry David Thoreau, environmentalist

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.--Helen Keller, activist and author

Although the world is full of suffering, it is full also of the overcoming of it. --Helen Keller, activist and author

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing. --Helen Keller, activist and author

People often say that 'beauty is in the eye of the beholder,' and I say that the most liberating thing about beauty is realizing that you are the beholder. This empowers us to find beauty in places where others have not dared to look, including inside ourselves. --Salma Hayek, actress

Think of all the beauty still left around you and be happy. --Anne Frank, author

We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect. --Aldo Leopold, environmentalist

At the end of every hard day, people find some reason to believe. --Bruce Springsteen, twentieth-century American singer

The secret to happiness is not in doing what one likes to do, but in liking what one has to do. --Author Unknown

For those who have seen the Earth from space, and for the hundreds and perhaps thousands more who will, the experience most certainly changes your perspective. The things that we share in our world are far more valuable than those which divide us. --Donald Williams, astronaut

The oneness of human beings is the basic ethical thread that holds us together. --Muhammad Yunus, Nobel Peace Prize Winner

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity. --Buddha, Indian mystic and founder of Buddhism

Do not believe in anything simply because you have heard it.  
Do not believe in anything simply because it is spoken and rumored by many.  
Do not believe in anything simply because it is found written in your religious books.  
Do not believe in anything merely on the authority of your teachers and elders.  
Do not believe in traditions because they have been handed down for many generations.  
But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.  
--Buddha, Indian mystic and founder of Buddhism

One joy scatters a hundred griefs. --Chinese Proverb

We have a responsibility in our time, as others have had in theirs, not to be prisoners of history but to shape history, a responsibility to fill the role of path-finder, and to build with others a global network of purpose and law. --Madeleine Albright, former U.S. Foreign Minister

Listen to the Exhortation of the Dawn!  
Look to this Day!  
For it is Life, the very Life of Life.  
In its brief course lie all the Verities and Realities of your Existence.  
The Bliss of Growth,  
The Glory of Action,  
The Splendor of Beauty;  
For Yesterday is but a Dream,  
And To-morrow is only a Vision;  
But To-day well lived makes  
Every Yesterday a Dream of Happiness,  
And every Tomorrow a Vision of Hope.

Look well therefore to this Day!  
Such is the Salutation of the Dawn! –Kalidasa, Sanskrit poet

A leader is best when people barely know he exists, not so good when people obey and acclaim him, worse when they despise him....But of a good leader who talks little when his work is done, his aim fulfilled, they will say, "We did it ourselves." --Lao Tzu, Chinese philosopher

All difficult things have their origin in that which is easy, and great things in that which is small.  
--Lao Tzu, Chinese philosopher

He who loves the world as his body may be entrusted with the empire. --Lao Tzu, Chinese philosopher

A journey of a thousand miles begins with a single step. --Lao Tzu, Chinese philosopher

He who knows does not speak.  
He who speaks does not know.  
--Lao Tzu, Chinese philosopher

He who knows others is wise;  
He who know himself is enlightened.  
--Lao Tzu, Chinese philosopher

Mankind must remember that peace is not God's gift to his creatures, peace is our gift to each other.  
--Elie Wiesel, author

We are not human beings on a spiritual journey. We are spiritual beings on a human journey.  
--Stephen Covey, author

The questions you ask consistently will create either enervation or enjoyment, indignation or inspiration, misery or magic. Ask the questions that will uplift your spirit and push you along the path of human excellence. --Tony Robbins, author and fire walker

Enlightenment is the "quiet acceptance of what is" I believe the truly enlightened beings are those who refuse to allow themselves to be distressed over things that simply are the way they are.--Wayne Dyer, author

Abundance is not something we acquire. It is something we tune into. --Wayne Dyer, author

Changing the world begins with the very personal process of changing yourself, the only place you can begin is where you are, and the only time you can begin is always now. --Gary Zukav, author

Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained. --Marie Curie, Nobel Prize Winner in Chemistry

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. --Harriet Tubman, abolitionist

I've come to believe that each of us has a personal calling that's as unique as a fingerprint - and that the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of the universe to lead you. --Oprah Winfrey, talk show host

Turn your wounds into wisdom. --Oprah Winfrey, talk show host

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. --Marcel Proust, author

We do not inherit the earth from our parents. We borrow it from our children. --Native American proverb

Only do what your heart tells you. --Princess Diana

The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof. --Barbara Kingsolver, author

Wars and elections are both too big and too small to matter in the long run. The daily work - that goes on, it adds up. --Barbara Kingsolver, author

Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence. --Lin Yutang, author and inventor

Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do. --Pope John XXIII

We stand now where two roads diverge. But unlike the roads in Robert Frost's familiar poem, they are not equally fair. The road we have long been traveling is deceptively easy, a smooth superhighway on which we progress with great speed, but at its end lies disaster. The other fork of the road—the one "less traveled by"—offers our last, our only chance to reach a destination that assures the preservation of the earth. --Rachel Carson, author and environmentalist

You can tell how high a society is by how much of its garbage is recycled. --Dhyani Ywahoo, 27<sup>th</sup> generation Ywahoo Cherokee

I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances. --Martha Washington, First Lady

The universe is full of magical things patiently waiting for our wits to grow sharper. --Eden Phillpotts, author and poet

The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe, and in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives. --Deepak Chopra, medical doctor and writer

You must be the change you wish to see in the world. --Mohandas Gandhi, peace activist

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me." --Erma Bombeck, humorist

To live is so startling it leaves little time for anything else. --Emily Dickinson, poet

That Love is all there is, Is all we know of Love. --Emily Dickinson, poet

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome. --Booker T. Washington, educator and author

Success is blocked by concentrating on it and planning for it... Success is shy - it won't come out while you're watching. --Tennessee Williams, playwright

There is a wisdom of the head, and a wisdom of the heart. --Charles Dickens, author

I saw the angel in the marble and carved until I set him free. --Michelangelo, artist  
Love makes your soul crawl out from its hiding place. --Zora Neale Hurston, author

Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead. --Louisa May Alcott, women's rights activist

If you want to promote peace, affirm diversity. --Vandana Shiva, environmental and social justice activist

Love is not something you feel. It's something you do. --David Wilkerson, pastor and author

Sometimes I go about in pity for myself; and all the while, a great wind is bearing me across the sky. --Ojibwa saying

No work for love will flourish out of guilt, fear, or hollowness of heart, just as no valid plans for the future can be made by those who have no capacity for living now. --Alan Watts, philosopher

The more we try to catch hold of the present moment the more elusive it becomes. It is like trying to clutch water in ones hands. The harder we grip, the more it slips through our fingers. --Alan Watts, philosopher

The reason we have poverty is that we have no imagination. There are a great many people accumulating what they think is vast wealth, but it's only money... they don't know how to enjoy it, because they have no imagination. --Alan Watts, philosopher

Bloom where you are planted. –Author Unknown

. . . plant yourself where you can bloom. --Erin Scanlon, actress

Globalize the struggle, globalize the hope. --La Via Campesina, global social movement

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of you.

--St. Theresa's Prayer

The world is more malleable than you think. It's waiting for you to hammer it into shape.

--Bono, lead singer of U2 and humanitarian

Authenticity is not something you have. It's something you choose. --Susan Scott, author and coach

You've got to sing like you don't need the money. You've got to love like you'll never get hurt. You've got to dance like there's nobody watching. You've got to come from the heart, if you want it to work.

--Susanna Clark

Be still, wild music is abroad. —Henry Wadsworth Longfellow, poet

Wisdom begins with wonder. --Socrates, philosopher

Nothing great was ever achieved without enthusiasm. --Ralph Waldo Emerson, author

Be not the slave of your own past. Plunge into the sublime seas, dive deep and swim far, so you shall come back with self-respect, with new power, with an advanced experience that shall explain and overlook the old. --Ralph Waldo Emerson, author and poet

Do not go where the path may lead, go instead where there is no path and leave a trail. --Ralph Waldo Emerson, author and poet

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek. --Barack Obama, U.S. President-Elect

Be kind. It is hardly ever the wrong thing to do. –Author Unknown

Learn more about how to *Be an Everyday Humanitarian*.

[www.beaneverydayhumanitarian.com](http://www.beaneverydayhumanitarian.com)