

Sayings

☐☐ Existential & Philosophical

1. **"He who has a why to live can bear almost any how."**
— *Friedrich Nietzsche*
 2. **"Man is nothing else but what he makes of himself."**
— *Jean-Paul Sartre*
 3. **"The wound is the place where the light enters you."**
— *Rumi*
 4. **"The mass of men lead lives of quiet desperation."**
— *Henry David Thoreau*
 5. **"It is no measure of health to be well adjusted to a profoundly sick society."**
— *Jiddu Krishnamurti*
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☐☐ Life, Death & Meaning

6. **"Every man has two lives, and the second starts when he realizes he has just one."**
— *Confucius (often paraphrased)*
 7. **"You will die. But not before you've lived."**
— *Marcus Aurelius*
 8. **"To live is the rarest thing in the world. Most people exist, that is all."**
— *Oscar Wilde*
 9. **"The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time."**
— *Mark Twain*
 10. **"Do not seek to follow in the footsteps of the wise. Seek what they sought."**
— *Matsuo Bashō*
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☐☐ Wisdom & Growth

11. **"Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there."**
— *Rumi*

12. **"It is not that we have a short time to live, but that we waste much of it."**
— *Seneca*
 13. **"The man who moves a mountain begins by carrying away small stones."**
— *Confucius*
 14. **"You are not a drop in the ocean. You are the entire ocean in a drop."**
— *Rumi*
 15. **"In the middle of difficulty lies opportunity."**
— *Albert Einstein*
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Pain, Healing & Resilience

16. **"The world breaks everyone and afterward many are strong at the broken places."**
— *Ernest Hemingway*
 17. **"If you're going through hell, keep going."**
— *Winston Churchill*
 18. **"Rock bottom became the solid foundation on which I rebuilt my life."**
— *J.K. Rowling*
 19. **"Our scars can destroy us. But if we survive them, they can transform us."**
— *Batman, The Dark Knight Rises**
 20. **"The human capacity for burden is like bamboo—far more flexible than you'd ever believe at first glance."**
— *Jodi Picoult*
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