

QUOTES FOR A GOOD LIFE

What makes for a good life? Different people have different answers. Here are quotes from some famous people. Is wellbeing about friends and caring? About freedom from negative feelings like stress and hatred? Is it about being fully aware and awake to the present moment? Is it about being strong and healthy? Which of the quotes come closest to your feelings about living a good life? Feel free to write your own statement if none of these match your idea of the good life.

“Be happy in the moment, that’s enough. Each moment is all we need, not more.”

- **MOTHER TERESA**

“Friendship is unnecessary, like philosophy, like art... It has no survival value; rather it is one of those things which give value to survival.”

- **C.S. LEWIS**

“At the end of the day, you won’t be happy until you love yourself.”

- **LADY GAGA**

“It is health that is real wealth and not pieces of gold and silver.”

- **MAHATMA GANDHI**

“Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.”

- **BRUCE LEE**

“Remember, remember, this is now, and now, and now. Live it, feel it, cling to it. I want to become acutely aware of all I’ve taken for granted.”

- **SYLVIA PLATH**

“The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.”

- **KALU NDUKWE KALU**

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“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

- **ELEANOR ROOSEVELT**

“Exercise is really important to me - it’s therapeutic. So if I’m ever feeling tense or stressed or like I’m about to have a meltdown, I’ll put on my iPod and head to the gym or out on a bike ride.”

- **MICHELLE OBAMA**

“Hate is too great a burden to bear. It injures the hater more than it injures the hated.”

- **CORETTA SCOTT KING**

“If I can stop one heart from breaking, I shall not live in vain.”

- **EMILY DICKINSON**

“If a man achieves victory over this body, who in the world can exercise power over him? He who rules himself rules over the whole world.”

- **VINOBA BHAVE**