



**Thoughts for the Day**

**SUNDAY:**

My religion is very simple.

My religion is kindness

- Dalai Lama X1V

**MONDAY:**

As you get older and you learn there is one sentence, just four words long, and if you can say it to yourself it offers more comfort than almost any other. It goes like this: At least I tried.

- Ann Brashares

**TUESDAY:**

We don't stop playing because we grow old.

We grow old because we stop playing. - George Bernard Shaw

**WEDNESDAY:**

Spread love everywhere you go.

Let no one ever come to you without leaving happier. - Mother Teresa

**THURSDAY:**

The greatest glory in living lies not in never falling, but rising every time we fall.

- Nelson Mandela

**FRIDAY:**

When you reach the end of your rope, tie a knot in it and hang on.

- Franklin D. Roosevelt

**SATURDAY:**

Good memories are our second chance at happiness. - Queen Elizabeth II