



Session #5: POSITIVITY

QUOTES - Choose one from below that resonates with you. Be prepared to share in the group and why you chose that quote.

1. *Nobody can make you feel inferior without your consent.* - **Eleanor Roosevelt**
2. *Most people are as happy as they make their minds up to be.* - **Abraham Lincoln**
3. When asked what he thought about after striking out, Babe Ruth replied: "I think about hitting home runs."
4. *'I am the greatest' - I said that even before I was.* - **Muhammad Ali**
5. *Believe you can, and you're halfway there.* - **Theodore Roosevelt**
6. *Youngsters are told, 'Think big - anything is possible.' I would never go that strong. I want them to think positively. You may dream of being seven feet tall - hoping for something of that nature is not productive. We should keep our dreams within the realms of possibility - and make every effort to achieve them.* - **John Wooden**
7. *You cannot hang out with negative people and expect to have a positive life.* - **Unknown**
8. *About Hall of Fame baseball manager Casey Stengel: "He might be temporarily upset about losing a tough one, but his tremendous love of baseball and people always brought him back to an even keel. He thinks of tomorrow's chance, not yesterday's loss."* - **Edna Stengel**
9. *Tell yourself you can't do something, and your subconscious mind will find a way for you not to do it.* - **Jim Tressel**
10. *One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all. One is 'Evil'. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is 'Good'. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith." The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?" The old Cherokee simply replied, "The one you feed."* - **Anonymous**