

HEALTHFUL TIPS

Acceptance

Being happy doesn't mean that everything is perfect. It means that you've decided to look beyond the imperfections.

A friend is someone who understands your past, believes in your future, and accepts you just the way you are.

Accept everything about yourself—I mean everything, You are you and that is the beginning and the end—no apologies, no regrets. ~Clark Moustakas

It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do. ~Charly Heavenrich

The greatest success is successful self acceptance. ~Ben Sweet

Once we accept our limits, we go beyond them. ~Brendan Francis

We must accept life for what it actually is—a challenge to our quality without which we should never know of what stuff we are made, or grow to our full stature. ~Ida R. Wylie

We deem those happy who from the experience of life have learned to bear its ills, without being overcome by them. ~Juvenal

Basing our happiness on our ability to control everything is futile. ~Stephen Covey

The first rule is to keep an untroubled spirit. The second is to look things in the face and know them for what they are. ~Marcus Aurelius

You have to accept whatever comes and the only important thing is that you meet it with the best you have to give. ~Eleanor Roosevelt

Life is difficult. This is a great truth, one of the greatest truths. It is a great truth because once we truly see this truth, we transcend it. Once we truly know that life is difficult—once we truly understand and accept it—then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters. ~M. Scott Peck

However mean your life is, meet it and live it; do not shun it and call it hard names. It is not so bad as you are. It looks poorest when you are richest. The fault-finder will find faults even in Paradise. Love your life. ~Henry David Thoreau

I have no methods; all I do is accept people as they are. ~Dr. Paul Tournier

O Lord, help me not to despise or oppose what I do not understand. ~William Penn

Everything in life that we really accept undergoes a change. ~Katherine Mansfield

That which shall be, shall be. ~English proverb

When you come right down to it, the secret of having it all is loving it all. ~Dr. Joyce Brothers

Happy is he who learns to bear what he cannot change! ~J.C.F. von Schiller

Cease to inquire what the future has in store, and take as a gift whatever the day brings forth. ~Horace

Maturity is achieved when a person accepts life as full of tension. ~Joshua L. Liebman

There is no good in arguing with the inevitable. The only argument available with an east wind is to put on your overcoat. ~James Russell Lowell

The quickest way to change your attitude toward pain is to accept the fact that everything that happens to us has been designed for our spiritual growth. ~M. Scott Peck

Acceptance is not submission; it is acknowledgement of the facts of a situation. Then deciding what you're going to do about it. ~Kathleen Casey Theisen

We win half the battle when we make up our minds to take the world as we find it, including the thorns. (Orison S. Marden)