

### Cool Quotes for Teens

Each of the following adages appears in a text called Teen Quotes. They are beliefs of both famous and not-so-famous individuals. To which quotation(s) below can you make a text-to-self connection based on your own life experiences?

1. The good or ill of a man lies within his own will. – Epictetus
2. The greatest and most important problems in life are all in a certain sense insoluble. They can never be solved, but only outgrown. – Carl Jung
3. The greatest thing about man is his ability to transcend himself, his ancestry, and his environment and to become what he dreams of being. – Tully C. Knoles
4. The happiness of your life depends upon the quality of your thoughts... take care that you entertain no notions unsuitable to virtue and reasonable nature. – Marcus Aurelius
5. The life given us by nature is short, but the memory of a life well spent is eternal. – Cicero
6. The love we give away is the only love we keep. – Elbert Hubbard
7. The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year. – John Foster Dulles
8. The miracle is not to fly in the air, or to walk on the water, but to walk on the earth.  
– Chinese Proverb
9. The more you lose yourself in something bigger than yourself, the more energy you will have. – Norman Vincent Peale
10. The only discipline that lasts is self-discipline. – Burn Phillips

### Coaching Quotes

Sometimes personal essays are actually inspired by a belief statement or quotation from someone famous whom the writer respects. Do any quotations below ring true with what you yourself believe? If so, one of these quotations might offer a thesis around which you can frame a personal essay about an insight that has made a real difference in your own life.

1. "I have found that being honest is the best technique I can use. Right up front, tell people what you're trying to accomplish, and what you're willing to sacrifice to accomplish it." – Lee Iococca
2. "I know you've heard it a thousand times before. But it's true—hard work pays off. If you want to be good, you have to practice, practice, practice. If you don't love something, then don't do it." – Ray Bradbury
3. "If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes." – John Wooden
4. "It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it." – Arnold Toynbee
5. "I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to earth." – Pearl Buck
6. "I don't look to jump over seven-foot bars. I look around for one-foot bars that I can step over." – Warren Buffett
7. "If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life." – Abraham Maslow
8. "If you don't quit, and don't cheat, and don't run home when trouble arrives, you can only win." – Shelley Long
9. "Success in golf depends less on strength of body than upon strength of mind and character." – Arnold Palmer
10. "People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most men succeed because they are determined to." – George Allen

### Beliefs of John Wooden (Woodenisms)

Sometimes personal essays are actually inspired by a belief statement or quotation from someone famous that the writer respects. Do any quotations below from the famous UCLA basketball coach ring true with what you yourself believe? If so, one of these quotations might offer a thesis around which you can frame a personal essay about an insight that has made a real difference in your own life.

1. A man may make mistakes, but he isn't a failure until he starts blaming someone else.
2. Ability may get you to the top, but it takes character to keep you there.
3. The main ingredient of stardom is the rest of the team.
4. Young people need models not critics.
5. Talent is God given; be humble.  
Fame is man given; be thankful.  
Conceit is self-given; be careful.
6. The journey is greater than the inn.
7. Learn as if you were to live forever;  
Live as if you were to die tomorrow.
8. The true athlete should *have* character,  
not *be* a character.
9. Do not let what you CANNOT do interfere with what you CAN do.
10. Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think you are.
11. Things turn out best for those who make the best of the way things turn out.

### Things I Have Learned About Life

Personal essays are based on ideas—insights we’ve learned based on life experiences. Read the insights expressed by others, and then compose a sentence that expresses one thing you’ve learned about life.

1. I’ve learned that when I wave to people in the country, they stop what they are doing and wave back. – Age 9
2. I’ve learned that if you want to cheer yourself up, you should try cheering someone else up. – Age 14
3. I’ve learned that although it’s hard to admit it, I’m secretly glad my parents are strict with me. – Age 15
4. I’ve learned that if someone says something unkind about me, I must live so that no one will believe it. – Age 39
5. I’ve learned that there are people who love you dearly but just don’t know how to show it. – Age 42
6. I’ve learned that you can make someone’s day by simply sending them a little note. – Age 44
7. I’ve learned that the greater a person’s sense of guilt, the greater his or her need to cast blame on others. – Age 46
8. I’ve learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. – Age 48
9. I’ve learned that regardless of your relationship with your parents, you miss them terribly after they die. – Age 53
10. I’ve learned that making a living is not the same thing as making a life. – Age 58
11. I’ve learned that life sometimes gives you a second chance. – Age 62
12. I’ve learned that whenever I decide something with kindness, I usually make the right decision. – Age 66
13. I’ve learned that it pays to believe in miracles. And to tell the truth, I’ve seen several. – Age 75
14. I’ve learned that even when I have pains, I don’t have to be one. – Age 82
15. I’ve learned that every day you should reach out and touch someone. People love that human touch—holding hands, a warm hug, or just a friendly pat on the back. – Age 85
16. I’ve learned that I still have a lot to learn. – Age 92

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### **The Top 10 Lessons I Learned From Charlie Brown. By Jim Allen**

For 50 years the daily comic strip "Peanuts" entertained millions of readers. Every day, the adventures of Charlie Brown, Snoopy, Linus, and the whole gang provided many laugh-out-loud moments while at the same time offering a daily inspiration and lessons on life. I remember the many lessons they taught me....

**1. It's okay to be afraid...just don't let your fears control you.**

Charlie Brown often sat in bed and spoke of his fears, but no matter how scared he was, he always did the things he wanted to do.

**2. Persistence wins out.**

Charlie Brown often lost, failed at much, but he never gave up. Even though he knew Lucy was going to pull the football away before he could kick it...Even though he knew the tree was going to eat his kite...Even though he knew his team would lose the ballgame, he kept on trying.

**3. It's what you think of yourself that matters most.**

Linus carried a security blanket for years and his friends laughed at him. They also laughed at him because he believed in the "Great Pumpkin."

Pigpen was a walking cloud of dust and dirt and was often regarded unkindly. Both characters, however, were always proud of themselves and believed they were as good as anybody else—and they were right.

**4. Sometimes you need to talk.**

One thing the "Peanuts" gang understood was the importance of talking things out. Whether leaning up against Schroeder's piano or atop the brick wall, they always had someplace to discuss what was of concern to them.

**5. Sometimes you need to listen.**

Even crabby, self-indulged Lucy knew the importance of listening. She started the famous 'Psychiatry Booth' where any and all could come and be heard.

**6. Do what you love to do.**

Through all their adventures, Schroeder remained constant in his appreciation of Beethoven and his love of playing the piano. He loved to play piano and that's what he did, regardless of the circumstances. Charlie Brown flew his kite, played baseball, and played football, not just to win (he knew he wouldn't), but because he loved to do those things.

**7. It's important to have friends who care.**

The "Peanuts" gang was made up of individual characters, each with their own foibles and talents, but through it all they were always there for each other.

**8. Big dreams lead to big things!**

Snoopy was the biggest dreamer of them all, but his wild imagination often led to even wilder, more fantastic adventures in real life. Snoopy knew that you must have a big dream if you are going to lead a big life.

**9. Action creates reality.**

As Charlie Brown was reminded time and again after prodding from Linus: It takes action to bring about change. Though he often failed, Chuck took action quite regularly...and every now and again things would go his way.

10. Laugh every day!

While the kids themselves may not have seen the humor in the things they did, Schulz made sure that \*we\* did. Life is only as serious or as humorous as YOU make it...Lighten up. Go play softball. Fly a kite. Dance with your dog. Smile...It makes people wonder what you're up to.

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