

# **What we already knew**

But sometimes like to be reminded

**There is no  
wealth  
but life**

**John Ruskin**

If you can trust yourself when all  
men doubt you,  
But make allowance for their  
doubting too;

(From 'If')  
Rudyard Kipling

If a man does not keep pace with his companions, perhaps it is because he hears the beat of a different drummer. Let him march to the music he hears, however measured or far away.

**Henry David Thoreau**

*By health*

*I mean the power to live a full, adult, living  
breathing life in close contact with what I love*

*I want to be all that I am capable of  
becoming.*

*Katherine Mansfield*

Feel the Fear  
and Do It Anyway

Susan Jeffers

*Just connect*

*EM Forster*

This above all: to thine own self be true  
And it must follow, as the night the day  
Thou canst not then be false to any man  
**William Shakespeare**

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Be patient towards all that  
Is unsolved in your heart,  
And try to love the questions  
Themselves like locked rooms  
And like books that are written  
In a very foreign tongue.  
Do not seek answers  
Which cannot be given you  
Because you would not be  
Able to live them;

And the point is  
To live everything.  
Live the question now;  
Perhaps you will then  
Gradually without  
Noticing it, live along  
Some distant day  
Into the answer.  
Resolve to be always  
beginning;  
To be a beginner.

Rainer Maria Rilke

Don't walk in front of me,  
I may not follow.

Don't walk behind me,  
I may not lead.

Walk beside me  
and just be my friend

Albert Camus

# THE RULES FOR BEING HUMAN

3. THERE ARE NO MISTAKES, ONLY LESSONS

7. OTHERS ARE MERELY MIRRORS OF YOU

9. YOUR ANSWERS LIE INSIDE YOU

CHERIE CARTER-SCOTT

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