

WISE WORDS FOR UNCERTAIN TIMES II

A SELECTION OF QUOTATIONS FEATURED IN REGULAR NEWSLETTERS TO ASCL MEMBERS ACROSS THE UK

As the coronavirus continues to cause disruption in education, ASCL General Secretary Geoff Barton, ASCL Cymru Director Eithne Hughes and ASCL Northern Ireland Regional Officer Robert Wilson often use a range of quotations in their regular briefings to members.

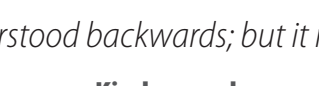
Here is a selection from September 2020 to August 2021, part II of the Wise Words series.

Please note: we cannot vouch for the accuracy or source of all of them.

Children are the living messages we send to a time we will not see

Neil Postman

TACKLING THE ISSUES



Life can only be understood backwards; but it must be lived forwards

Kierkegaard

*Go placidly amid the noise and the haste, and remember
what peace there may be in silence*

Max Ehrmann

*You just have to accept that some days you are the
pigeon and some days you are the statue*

David Brent, The Office

Uneasy lies the head that wears the crown

Shakespeare

*You can't go back and change the beginning, but you
can start where you are and change the ending*

CS Lewis

*The problem with being a leader is that you're never sure
if you're being followed or chased*

Claire A Murray

Start where you are. Use what you have. Do what you can

Arthur Ashe

*No matter how much falls on us, we keep ploughing
ahead. That's the only way to keep the roads clear*

Greg Kincaid

Anyone can hold the helm when the sea is calm

Publius Syrus

*We delight in the beauty of the butterfly, but rarely admit
the changes it has gone through to achieve that beauty*

Maya Angelou

There is only one way to eat an elephant: a bite at a time

Desmond Tutu

*Normal is an illusion. What is normal
for the spider is chaos for the fly*

Charles Addams

*You have power over your mind – not outside events.
Realise this, and you will find strength*

Marcus Aurelius

*A person always doing his or her best
becomes a natural leader, just by example*

Joe DiMaggio

Waste no time on anger, regret, or resentment, just get the job done

Ruth Bader Ginsburg

Remember, today is the tomorrow you worried about yesterday

Dale Carnegie

*Change the changeable, accept the unchangeable,
and remove yourself from the unacceptable*

Denis E Waitley

Dig the well before you are thirsty

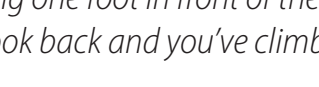
Chinese proverb

Have no fear of perfection; you'll never reach it

Marie Curie



DEALERS IN HOPE



*You keep putting one foot in front of the other, and then
one day you look back and you've climbed a mountain*

Tom Hiddleston

For tomorrow may rain, so I'll follow the sun

Paul McCartney

Fall down seven times, stand up eight

Japanese proverb

Hope makes a good breakfast. Eat plenty of it

Ian Fleming

*Optimism is essential to achievement and it is also the
foundation of courage and true progress*

Nicholas M Butler

*Hope begins in the dark, the stubborn hope that if you just show
up and try to do the right thing, the dawn will come. You wait and
watch and work: you don't give up*

Anne Lamott

*Optimist: someone who figures that taking a step backward after
taking a step forward is not a disaster, it's more like a cha-cha*

Robert Brault

We must accept finite disappointment, but never lose infinite hope

Martin Luther King, Jr

*The pessimist complains about the wind. The optimist
expects it to change. The leader adjusts the sails*

John Maxwell

The beginning is always today

Mary Wollstonecraft



BE KIND TO YOURSELF



In the midst of movement and chaos, keep stillness inside of you

Deepak Chopra

Remember your humanity and forget the rest

Bertrand Russell

No one can whistle a symphony. It takes a whole orchestra to play it

H E Luccock

Don't compromise yourself. You are all you've got

Janis Joplin

*As important as it is to have a plan for doing work,
it is perhaps more important to have a plan for
rest, relaxation, self-care, and sleep*

Akiroq Brost

Unplugging for a while fixes computers and humans

Freequill

You're always with yourself, so you might as well enjoy the company

Diane Von Furstenberg

No need to hurry. No need to sparkle. No need to be anybody but yourself

Virginia Woolf

Don't wish me happiness

I don't expect to be happy all the time.

It's gotten beyond that somehow.

Wish me courage and strength and a sense of humour.

I will need them all

Anne Lamott

Act as a master of your life by putting your health, wellbeing and happiness first

Marianna Olszewski

Be still sometimes.

Be still sometimes.

Let it all fall sometimes

Rose Cook | Poem for Someone Who is Juggling Her Life



THANK YOU FOR WHAT YOU ARE DOING FOR OUR CHILDREN, YOUNG PEOPLE AND COMMUNITIES

YOU INSPIRE US