



Noble Quotes for Noble Hearts

is the companion book for ***The Seven Noble Tasks: Developing Character in Adolescents and Teens***. It can also stand alone as a tool to inspire and motivate both students and educators. Containing a quote a day for an entire school year, you can use the book to foster rich and positive discussions in your classroom and to lead students to better lives.

Each quote is accompanied by a paragraph applying the ideas to life. The words will provide your students with the footing and guidance they need to navigate this bumpy life.

Examples

If we occasionally fall (and we all do), just be sure to fall forward.

Anonymous

Conrad was a fighter, and this was the quote he chose to read after receiving his eighth-grade diploma. He fought authority, protocol, and procedures, bending rules as easily as a clown bends balloons into animals. At first his teachers fought against him, but Conrad also was endearing to everyone he met. After high school, while he was in the Air Force, he challenged a captain who tried to sneak a free cup of coffee from the snack bar he was guarding. The captain tried to pull rank, but Conrad was always one to stand on principle. The next day he was called into the base commander's office for what he thought would be his final butt chewing. Instead, the impressed commander assigned Conrad to lead the presidential honor guard. On my classroom wall is a photo of Conrad standing at attention alongside the president, the first lady, Prince Philip, and Queen Elizabeth.

Never doubt that a small group of committed people can change the world.
Indeed it's the only thing that ever has.

Margaret Mead

In 1807, William Wilberforce and a small group of committed men were able to end slavery in the British Empire. At the time, the British colonies spanned the planet. At few times in history has such a small group impacted such a vast population and changed the course of history. George Washington. Abraham Lincoln. Rosa Parks. Dr. Martin Luther King Jr. Mother Theresa. Steve Jobs. Bill Gates. Henry Ford. Thomas Edison. You.



Words matter. Words have meaning and give meaning. They give us both footing and guidance. They give us clearer vision. In the confusing and fast-paced world in which we live, words can anchor us and give us direction. *Noble Quotes for Noble Hearts* offers a school-year's worth of inspirational words to help adolescents, teens, and adults navigate the often turbulent waters of our journey. Use them as a quote-a-day, as writing and discussion prompts, or merely as good words to inspire you and your students. *Noble Quotes for Noble Hearts* is the companion book to *The Seven Noble Tasks: Developing Character and Purpose in Adolescents*.

I believe words are important. They anchor our thinking. They are a reflection of what is happening in our minds. If our words are positive, if they are encouraging, if they are inspiring, our thinking will run parallel to them, and our actions will follow. And because our words are our method of communication, we can transfer our uplifting thoughts to others. Our positive and forward progress can lead the way for others simply by sharing these words. Like music in a noisy and discordant world, our words can soothe the hearts of others.