

Exchange for Change classes starts with every student sharing their word for the day and a quote, theirs or someone else's.

This book is a compilation of those quotes collected at the following correctional institutions during the fall semester of 2015:

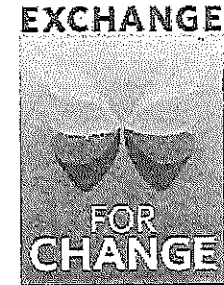
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Writing that Transforms

QUOTES WINTER 2015

If you think you've already arrived, you're not going anywhere...

Happiness is a state of mind that any human can experience. It costs us nothing, and no matter what happens to us in life we must choose to be happy.

Making a way is not easy, but working on one is.

False modesty is not false, but simply inaccurate. We know we're supposed to be, but deep down we're proud as hell, and relieved that someone else recognizes that which we thought we'd be doomed to celebrate alone. Dante

I break because I was built.

*That which intends to give light must endure burning.
Viktor E. Frankl*

You gotta do what you gotta do.

Enough is enough.

Sometimes the road less traveled is less traveled for a reason. Jerry Seinfeld

Character is how you act when you think no one is watching.

Seek true friends, not homeboys.

What's real stays put.

It's essential to be able to change direction when needed.

What's better than being ready is staying ready.

Hope- the audacity to hope. Barrack Obama

Time is our most precious asset. Use it wisely.

Courage is not the absence of fear, but doing what you're afraid of.

We are what we think.

The smile is the shortest distance between two people.

No matter how many times you fall, you fail when you stop getting up. Z. Dixon

The only real freedom a human being can ever know is doing what you ought to do because you want to do it.

Insanity is doing the same thing over and over again and expecting a different result.

What's done is done, what's to come is unknown. But we keep our feet steady and ride the wave we are on. Hawaii

Focus is staying centered on one thing or activity until a successful outcome is reached. Brooks

Communication rules the nation. All great leaders were great orators. Randall

See it, believe it, achieve it.

I'm a man of many things. You are a woman of many things. Together, that makes us King and Queen of everything. Zerrick Dixon

What goes up must come down.

Keep on keeping on.

A man is not great merely because he thinks lofty thoughts, because his ideas equal in sublimity that loftiest that the human race knows... A man is great only in proportion as these, through his own deliberate will, manifest themselves in his daily life...

Man is the architect of his soul, the builder of his bodies, the shaper of his mind, and the maker of his destiny.

As a kid I was taught that oil and water don't mix. So why do these greedy politicians have environmentalists washing oil off the fish? E. Martinez

Not everything that is faced can be changed, but nothing can be changed until it is faced. James Baldwin

*Beauty is in the eye of the beholder. Such as today.
G. Reid*

*I am better looking than the public thinks I am.
Miles Teller*

It is the mark of an educated mind to be able to entertain a thought without accepting it. Aristotle

*I dream of a better tomorrow, where chickens can cross the road and not be questioned about their motives.
Anonymous*

*Be the person you needed when you were younger.
Ayesha A. Siddiqi*

The way you think determines the way you feel, and the way you feel influences the way you act.

Life is like power. You can play your best, but you've got to know when to fold your cards and take a rest, and know when to hold your cards, hold your breath, and hold that nobody else is stacking the deck.

*Ignorance can be cured, but stupidity is forever.
Christine Malec*

A man always has two reasons for what he does- a good one, and the real one.

Doing today what I should've done yesterday impedes upon my tomorrows.

An opening line should say: listen. Come in here. You want to know about this. Stephen King

An author should reject the rejection letters and publish from the soul.

Advice is judged by results, not by intentions. Cicero

If you had one choice, what would it be?

Structure is the art that conceals itself- you only see the structure in a badly structured story, and call it formula.

To live in peace only comes within. If you try to share it would only leave you alone.

Math is the language of the cosmos.

I like the way the paper listens when my pen talks, even when my thoughts cross the lines. E. Martinez

Some are taught to remember, but never question. Others are taught to forget and never ask why.

Courage is almost a contradiction in terms. It means a strong desire to live taking the form of a readiness to die.

Live, and let live.

Water seeks its own level.

It is a principle of human nature to hate those whom we have injured. Tacitus

Against the ruin of the world, there is only one defense—the creative act. K. Rexroth

There is only one way to avoid criticism; do nothing, say nothing, and be nothing. Aristotle

*You miss 100% of the shots you don't take.
Wayne Gretzky*

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change. Charles Darwin

Real fellowship happens when people get honest about who they are and what is happening in their lives.

A smile is a curve that sets everything straight.

When we take things for granted, the things we are granted get taken.

Never give up on something you really want. It is difficult to wait, but more difficult to regret.

The secret of change is to focus all of your energy not on fighting the old, but on building the new. Socrates

When you study great teachers... you will learn much more from their caring and hard work than from their style. William Glasser

*No matter how hard you try, you are sure to be a sinner.
Unknown*

*When things look bad they can only get better.
Sarah B. Allen*

Life is what you make of it.

If you know better, do better.

Better late than never.

I live in the now because that's all there is.

The mind is a terrible thing to waste.

Live life to the fullest.

My attitude is the attitude of my gratitude.

Ignorance pays the price your intelligence can't afford.

There are few better measures of the concern a society has for its individual members and its own well-being than the way it handles its criminals. Ramsey Clark

If you steal from one author, it's plagiarism. If you steal from two, it's research. Wilson Mizner

*What's the difference between taking life by the horns
and getting gored by a bull? While one you're in control
and the other not, you're still in a bad position.*

Isabel Martinez

Truth knows no color; it only appeals to intelligence.

Ralph Wiley

*They don't rehabilitate us; they hate us. Stay in this place
for too long and your fake smile becomes your real smile.*

*It is not enough to be busy. So are the ants. The question
is, what are we busy about? Henry David Thoreau*

Do good, receive good, create good, dwell within good!

Time works with you, against you, or without you.

*Don't waste time looking for happiness when all you have
to do is look within.*

*He who makes a beast of himself gets rid of the pain of
being a man.*

*Why is it that so many know the truth... yet they still live
the lie?*

*Everyday is a new beginning; so don't get stuck in
yesterday. T. Reese.*

Stay the course. S. Hearn

Organization is the key to success. Justin B.

Success unshared is failure. Jean Baptiste, M.

*Spend time on those of old age, because you don't know
how much time you have left.*

*A man can never be a real man unless he spends time
with his family.*

Turn all hate into motivation.

He who is slow and steady wins the race.

*Some succeed because they are destined to. Most succeed
because they're determined to.*

*The past is just a memory. The present is just a moment.
The future is just a dream. To manifest your dream, one
must take full control of the moment.*

*A man's gifts make room for him and bring him before
great men.*

*What matters most is how well you walk through the fire.
C. Bukowski*

The fork in the road...

The choice that I chose...

To undo what I've done...

I searched to know what wasn't known.

*If I don't expect more, if I don't ask for much,
disappointment appears only on rare occasions.*

And now I see with eyes serene

The very pulse of the machine.

W. Wordsworth

*You cannot discover new oceans unless you have the
courage to lose sight of the shore.*

*It is perfectly okay to write garbage as long as you edit
brilliantly.*

You don't fail until you quit trying.

*Make no assumptions, though I might be in blues,
approaching fifty, happy trails on top of your own horse
are awaiting. So, saddle up, trusting God to take the
reigns.*

If you are hungry, feed somebody else.

There's peace in sharing.

If you have no critics, you will likely have no success.

*No race has ever been one on the first turn, but plenty
have been lost there. To finish first, you must first finish.
G. Stein*

*The only way to predict your future is to invent it yourself.
A. Grove*

*Be open in your eyes, heart, and mind, to knowledge,
wisdom, and understanding.*

*Laugh hard and often – about life, about hardships, at
yourself. Laughter is the best medicine and the glue that
binds all happy souls together.*

*Walk carefully and grasp your expectations as you go
along striving for success.*

Destiny is formed by beliefs.

*There's nothing wrong with wanting more and striving
for more, but learn to be content with what you have.*

Without peace you won't go far.

*Confidence in life will help you overcome struggles, which
will make you more successful in life.*

Robert David Reisfield

Beware of your thoughts. Carlton

Without happiness there is no joy.

*If you want to do the right things in life, then make the
right choices.*

It always pays to double check.

United we stand, divided we fall.

Allow the present moment to be.

My words are my feelings.

Pain is temporary but glory is forever.

Remain positive around negative people.

*There will never be a winner in the battle of the sexes.
There is too much fraternizing with the enemy.
Henry Kissinger*

Apex: The best in each of us encircles all of us.

Mind Elevation. You have to rise above the madness.
Justin Bradley

Understanding every day as a new day for new?

*Thinking is a language that many people speak...
Knowledge is a language that few speak and
understand... Wisdom is a language that many have yet
to learn.*

Truth is the light that dispels all darkness.

Never make a promise you can't keep.

Always stay constant in the face of opposition.

Whenever you have to say no, say it nicely.

*When you forgive, you must cancel the debt. Do not spend
your life paying and collecting debts.*

*The mind is its own place, and in itself can make a heaven
of a Hell, a hell of heaven.*
John Milton, *Paradise Lost*

*If you think you've already arrived, you're not going
anywhere...*

*Don't ask what the world needs. Ask yourself what makes
you come alive and then go do that. Because what the
world needs is people who have come alive.*
Howard Thurman

God's grace is sufficient.

Honesty without compassion is brutality.

*Learning should not be a responsibility; it should be a
determination.*

Stand for nothing, you'll fall for anything.

When performance is poor, go back to the basics.

*If you always do what you always done, then you'll always
get what you always got.*

*Don't despise the struggle, because success is in the
struggle.*

It's easy to score a run if you're born on third base.

May we all live long enough to contradict ourselves.

What goes around comes around.

*Don't get so busy making a living that you forget to make
a life.*

*It amazes me when I wake up in the morning how I
perceive things to be pleasant, but, somehow, when I
wake the next day, what once was is so different.*

*Life is a great big canvas and you should throw all the
paint on it you can.*

*It matters not what you call yourself. It does not change
who you really are.*

*Learn from the mistakes of others, because you will not
live long enough to make them all yourself.*

If you commit your works to the Lord, your thoughts will be established. Proverbs

Blood makes us relatives, but loyalty makes us family.

Let change come within, and be persistent in direction.

Your self-worth is determined by you. You don't have to depend on someone telling you who you are.

Lord, please teach me how to laugh again, but don't let me ever forget that I cried.

You can avoid reality, but you can't avoid the consequences of avoiding reality.

By asking for the moon, you instantly raise your own status, for the king assumes that unless a man who set such a high price on himself were mad, he must, somehow be worth it.

Your life history is full of listens. If you pay attention, you can learn.

Life is not measured by our words, but by our deeds. Not by each breath we take, but by each breath lost.

Faith: Believe in yourself when all other doubt you.

Stay focused and don't let challenges hold you back from achieving your goals.

The ultimate measure of a man is not where he stands during comfort and convenience, but where he stands during conflict and controversy.

Humility is not thinking less of yourself, it is thinking of yourself less.

*Three may keep a secret, if two of them are dead.
Ben Frauldin*

Here is the world. Beautiful and terrible things will happen. Don't be afraid. Frederrick Buechner

She is because she decided to be.

The less people you deal with, the less bullshit you have to put up with.

In sports, there are rules that keep you safe. In life, there are rules that keep the world from descending into total chaos. In both, there are rules that people make up to hide behind or for their own benefit. You have to be smart enough to know the difference. Ronda Rousey

To live is the rarest thing in the world. Most people exist, that is all. Oscar Wilde

*Learn what is to be taken seriously and laugh at the rest.
Hermann Hesse*

*The truth must dazzle gradually, or every man be blind.
Emily Dickinson*

You can break the rules as long as you know you're breaking the rules and why you're breaking the rules.

*To plant a garden is to believe in tomorrow.
Audrey Hepburn*

If you really want to do something, you'll find a way. If you don't, you'll find an excuse. Jim Rohn

If at first you don't succeed, try, try again and never give up!

Live in this moment before it becomes the past.
Ronald A. Williams

A great idea is worthless. Execution is everything.

Man know thy self, just as the boy needs food to survive, likewise with the mind and spirit.

The soul of a diligent man is full, but the lazy lives in poverty.

A set back is just a set up for a come up.

Life's a gift so open it up.

Tomorrow is never promised, enjoy the moment.

Craven (CRAY-VUHN): adj. Lack of courage, cowardly, fainthearted. I'd rather die a broken piece of jade than live a life of clay.

Perspective: your present, is your future.

I am not afraid of death, I just don't want to be there when it happens. Woody Allen

It is not love that is blind, but jealousy. Lawrence Durrell

Life is precious. Grandma Aycock

Experience is what tutors me to be smart on a test.

Who is the biggest fool - the fool that leads, or the fool that follows?

A fool says they learn by experience. I prefer to profit by other people's experiences.

You shouldn't judge a book by its cover until you reach the back cover.

Your time is limited; so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And, most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.
S. Jobs

Never consume more than you produce.

Can't sleep beneath the tree of wisdom if your axe cuts the roots that feed it.

My cup is always full, but you can never overflow it.

Ask yourself what you are doing today that will get you closer to where you want to be tomorrow.

I'm not sentenced to an institution, it's an assignment for transformation.

There is a certain admirable heroism in those who persist in living a life without hope.

*The mind must be able to feel doubt and uncertainty for
as long as possible.*

*As it remains in this state and probes deeply into the
mysteries of the universe, ideas will come that are more
dimensional and real than if we had jumped to
conclusions and formed judgments early on J. Keats*

*He who has the capacity to be honest with himself has the
opportunity to know the truth.*

*One foot in tomorrow, and one foot in yesterday, you piss
all over today.*

*I respect faith, but doubt is what gives you an education.
W. Mizner*

*Reading books was entertainment. Now watching
television is entertainment.*

*Give me freedom or give me death—but, not right now.
Without boundaries, freedom is merely another name for
chaos; true freedom results when living within just
boundaries.*

*In the world of business, production is everything. In
writing everything is production.*

*Take the evil out the people, and they'll be acting right.
T. Shakur*

*To the man who thinks his life hangs in the balance...ask
him who is he entrusting to handle the scale.*

Time is elastic.

*You can be right or you can be happy. I choose to be
happy most of the time.*

The only goal is disillusionment.

The greatest gift you can give someone is your time.

*Live life as though nobody is watching, and express
yourself as though everyone is listening. Nelson Mandela*

*When I dare to be powerful, to use my strength in the
service of my vision, then it becomes less important
whether I'm afraid. Audre Lord*

*Human beings are poor self examiners, subject to
superstition, bias, prejudice, and a profound tendency to
see rather than what is really there. M. Scott Beck*

*We are so accustomed to disguise ourselves to others,
that in the end, we become disguised to ourselves.
Francios Dela Rochefoucauld*

*Never make someone a priority, when all you are to them
is an option. Maya Angelou*

*Throughout the centuries there were men who took the
first steps down new roads armed with nothing but their
own vision. A. Rand*

*Don't be afraid to love. Yes, it's a weakness that can be
used against you, but it's also a source of the greatest
strength you will ever know.*

Perseverance is more important than talent.

Keep your eyes on God.

I want it. I love it. I need it. I miss it. I know it.

Don't ask what's the meaning of life. Life asks what's the meaning of you.

Do not fear the future, because that is where you will spend the rest of your life.

When writing, something is always expected.

Brevity is the sister of genius. A. Chekov

Life is a succession of lessons which must be lived to be understood. Helen Keller

Trust your hunches. They're usually based on facts filled away just below the conscious level. Dr. J. Brothers

A.S.K. (Ask, seek, knock.)

You only get what you give.

Don't take everything so seriously. It's not always about you.

Nothing of significance has ever been accomplished by realistic people. Dr. K. Johnson

I'm a great believer in luck. I find that the harder I work, the more I have it.

Age doesn't matter unless you achieve it.

I don't forgive and I don't forget, because God forgives, and I don't.

Let everything positive motivate you.

War is based on deception. S. Tzu

I quickly stood up and recognized who I am, and where I stand, to be strong and go with the plan; to step up to the plate with helping hands, and to speak with wisdom and understanding.

The quality of a man's life has to be a full measure of that man's personal commitment to excellence and victory regardless of what field he's in.

As above, so below.

If you could make it through the night your mornings will always be bright, 'cause at the end of every tunnel is light.

Trust in faith.

Hope for the best, prepare for the worst. Always be ready to be surprised. Let bygones be bygones. Whatever water is under the bridge is long one. Always keep your guard up. Lastly, remember, no risk, no reward.

Dream almost impossibly big and then invent ways to bring those dreams into reality. J. Cameron

We all live every day in virtual environments defined by our ideas.

A man who acquires the ability to take full possession of his own mind may take possession of anything else to which he is justly entitled.