Caring Inspirations
24 Quotes That Spark Positivity, Self-Appreciation and Regard for Others
we’re here for a reason.
I believe a bit of the reason is to throw little torches out to lead people through the dark.

Whoopi Goldberg
I feel the capacity to care is the thing which gives life its deepest significance.

Pablo Casals
When someone says to us, ‘I care about your suffering,’ a deep healing begins.

Thich Nhat Hanh
The greatest gift you can give another is the purity of your attention.

Richard Moss
Appreciation can make a day - even change a life. Your willingness to put it into words is all that is necessary.

Margaret Cousins
one person can only do so much.

-Anonymous
If I can stop one heart from breaking, I shall not live in vain:
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.

Emily Dickinson
No one has ever become poor by giving.

Anne Frank
No one needs a smile as much as those who have none to give.

Rabbi Samson Raphael Hirsch
I am only one; but I am still one. I cannot do everything, but still I can do something. I will not refuse to do the something I can do.

Helen Keller
People won’t remember what you say. People won’t remember what you do, but people will always remember how you made them feel.

Maya Angelou
You have not lived a perfect day even though you have earned money, unless you have done something for someone who will never be able to repay you.

Ruth Smeltzer
Ah, kindness. what a simple way
To tell another struggling soul
That there is love
to be found in this world.

A.A. Malee
Let our hearts and hands be stretched out in COMPASSION toward others, For everyone is walking his or her own difficult path. 

*Dietrich Uchtdorf*
You cannot do a kindness too soon. For you never know how soon it will be too late.

Ralph Waldo Emerson
Real generosity is doing something nice for someone who will never find out.

Daniel Goleman
Be a rainbow in someone else's cloud.

Maya Angelou
One of the most important things you can do on this earth is to let people know they are not alone.

Shannon L. Alder
I expect to pass through life but once.
If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.

William Penn
Why you?  
Because there’s no one better.  
Why now?  
Because tomorrow isn’t soon enough.
I want to inspire people. I want someone to look at me and say: "Because of you, I didn’t give up".

Chanda Kaushik
Anywhere I see suffering, that is where I want to be, doing what I can.

Princess Diana
The great gift of human beings is that we have the power of empathy.

Meryl Streep
There is no greater gift you can give or receive than to honor your calling. It’s why you were born.

Oprah Winfrey
Thank you!

If you found these activities valuable, we invite you to explore:

- **HeartBeat**: _free_ newsletter packed with tips, tools and inspiration
- **Resource Library**: _free_ access to PX articles and white papers
- **Language of Caring Programs** for creating cultures of caring and achieving communication excellence
- **Planetree International** consulting and globally adopted person-centered care certification program
- **2020 International Conference** on Person-Centered Care; October 18-21