

# Lesson Blueprints: Quotations

## Resource: Alcohol/Binge Drinking

### Level: Middle and High School

- *The mentality and behavior of drug addicts and alcoholics is wholly irrational until you understand that they are completely powerless over their addiction and unless they have structured help, they have no hope.*  
Russell Brand
- *I got sober. I stopped killing myself with alcohol. I began to think: 'Wait a minute – if I can stop doing this, what are the possibilities?' And slowly it dawned on me that it was maybe worth the risk.* Craig Ferguson
- *If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret. I'm very serious about no alcohol, no drugs. Life is too beautiful.* Jim Carrey
- *one doesn't even think of  
the liver  
and if the liver  
doesn't think of  
us, that's  
fine.* Charles Bukowski
- *I'll drink your champagne. I'll drink every drop of it, I don't care if it kills me.*  
F. Scott Fitzgerald in *Gatsby*
- *But there's no joy at all, people say "Oh well he's drunk and happy let him sleep it off The poor drunkard is crying – he's crying for his mother and father and great brother and great friend, he's crying for help."*  
Jack Kerouac in **Big Sur**

# Lesson Blueprints: Quotations

## Resource: Benefits of Failure

### Level: Middle and High School

- *If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.* Michael Jordan
- *When you take risks you learn that there will be times when you succeed and there will be times when you fail, and both are equally important.* Ellen DeGeneres
- *It's failure that gives you the proper perspective on success.* Ellen DeGeneres
- *Success is not final, failure is not fatal: it is the courage to continue that counts.* Winston Churchill
- *You build on failure. You use it as a stepping stone. Close the door on the past. You don't try to forget the mistakes, but you don't dwell on it. You don't let it have any of your energy, or any of your time, or any of your space.* Johnny Cash
- *Failure is so important. We speak about success all the time. It is the ability to resist failure or use failure that often leads to greater success. I've met people who don't want to try for fear of failing.* J.K. Rowling
- *Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.* Oprah Winfrey
- *Once you redefine failure for yourself and realize that failure is just not trying then life opens up to you in many ways.* Sarah Blakely

# Lesson Blueprints: Quotations

## Resource: Benefits of Recess/Activity

### Level: Middle and High School

- *Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.* John F. Kennedy
- *Increased physical activity during the school day can help children's attention, classroom behavior, and achievement test scores. Meanwhile, the decline of play is closely linked to ADHD; behavioral problems; and stunted social, cognitive, and creative development.* Darell Hammond
- *It's time for a moment of truth for our country; it's time we all had a wakeup call. It's time for us to be honest with ourselves about how we got here. Our kids didn't do this to themselves. Our kids don't decide what's served to them at school or whether there's time for gym class or recess. Our kids don't choose to make food products with tons of sugar and sodium in super-sized portions, and then to have those products marketed to them everywhere they turn. And no matter how much they beg for pizza, fries and candy, ultimately, they are not, and should not, be the ones calling the shots at dinnertime. We're in charge. We make these decisions.* Michelle Obama on February 9, 2010 Speech at Let's Move Launch
- *Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.* Plato
- *I've spent half my life in gyms, if not more, and I love physical fitness and health; couple that with the fact that I love for people to be healthy, whether it's mentally, physically, or emotionally, and it's just a great opportunity for me to do something I love and have an impact on people's health.* Steve Nash
- *I just don't think that Brooke could've done this. Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands, they just don't.* Elle from **Legally Blonde**

# Lesson Blueprints: Quotations

## Resource: Bullying

### Level: Middle and High School

- *We focus so much on our differences, and that is creating, I think, a lot of chaos and negativity and bullying in the world. And I think if everybody focused on what we all have in common - which is - we all want to be happy.* Ellen DeGeneres
- *Bullying is a national epidemic.* Macklemore
- *I realized that bullying never has to do with you. It's the bully who's insecure.* Shay Mitchell
- *I've been actually really very pleased to see how much awareness was raised around bullying, and how deeply it affects everyone. You know, you don't have to be the loser kid in high school to be bullied. Bullying and being picked on comes in so many different forms.* Lady Gaga
- *Not everyone has been a bully or the victim of bullies, but everyone has seen bullying, and seeing it, has responded to it by joining in or objecting, by laughing or keeping silent, by feeling disgusted or feeling interested.* Octavia E. Butler
- *When all of us are acknowledged as the human equals that we really are, there will be no space left for bullying. It will no longer be wrong to choose one thing over another.* Jason Mraz
- *No one can make you feel inferior without your consent.* Eleanor Roosevelt
- *Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.* Tim Fields
- *You will never reach higher ground if you are always pushing others down.* Jeffrey Benjamin
- *I was bullied and it's hard, you feel like high school's never going to be over. It's four years of your life and you just have to remember the person picking on you has their own problems and their own issues.* Megan Fox
- *I don't take any negative comment that I hear to heart. I take it in and let it pass because those are just other peoples' opinions. Regardless of what anyone else says, good or bad, it only matters how I feel and what I think.* Shay Mitchell
- *I've realized that you become a bully if you are just watching someone get bullied and you don't say anything. Speak up!* Emma Roberts
- *It's easy to be mean when you're anonymous. There's a lot of people who wouldn't have the cajones to say in person what they do online. But you can't listen to somebody you don't even know. Opinions of your friends and family matter, but you can't listen to somebody who is nobody to you.* Brendan Dooling

# Lesson Blueprints: Quotations

## Resource: Caring and Compassion

### Level: Middle and High School

- *My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.* Maya Angelou
- *Love and compassion are necessities, not luxuries. Without them humanity cannot survive.* Dalai Lama
- *Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.* Nelson Mandela
- *Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.* Ellen DeGeneres
- *Be kind, for everyone you meet is fighting a harder battle.* Plato
- *Wisdom, compassion and courage are the three universally recognized moral qualities of men.* Confucius
- *If compassion was the motivating factor behind all our decisions, would our world not be a completely different place?* Sheryl Crowe
- *People who care about animals tend to care about people. They don't care about animals to the exclusion of people. Caring is not a finite resource and, even more than that, it's like a muscle: the more you exercise it, the stronger it gets.* Jonathan Safran Foer
- *If we have any hope for survival of the music that we all love, compassion must replace name-calling, fairness must replace greed, and we need to come together as a musical community and try to understand each other's problems.* John Mellencamp

# Lesson Blueprints: Quotations

## Resource: Cheating/Plagiarism

### Level: Middle and High School

- *In athletics there's always been a willingness to cheat if it looks like you're not cheating. I think that's just a quirk of human nature.* Kareen Abdul-Jabbar
- *I would prefer even to fail with honor than win by cheating.* Sophocles
- *Plagiarism is always the biggest thing in Hollywood.* Clint Eastwood
- *Cheating is not the American way. It is small, while we are large. It is cheap, while we are richly endowed. It is destructive, while we are creative. It is doomed to fail, while our gifts and responsibilities call us to achieve. It sabotages trust and weakens the bonds of spirit and humanity, without which we perish.* Terrence McNally
- *Drawing is the honesty of the art. There is no possibility of cheating. It is either good or bad.* Salvador Dali
- *There is much difference between imitating a man and counterfeiting him.* Benjamin Franklin
- *Even though I just started creating, I am just another creator who experiences a lot of difficulties. I can't write music through mere internal stimulation, so I take inspiration from talks with friends, books I like, movies, interviews, and letters from fans. I write the feelings and lines that left an impression on me in notes on my phone. Most are erased or forgotten, but after hearing the criticism today I realized that I was unconscious of the mistakes I made. Without knowing the source and not remembering clearly, I carelessly worked only thinking about having to write songs.* Rap Monster (after plagiarizing in his rap)
- *There are three rules of cheating. It's not cheating if you're not the one who's married. It's not cheating if her name had two adjacent vowels. And it's not cheating if she's from a different area code.* Barney Stinson from **How I Met Your Mother**

# Lesson Blueprints: Quotations

## Resource: Citizenship

### Level: Middle and High School

- *The right of every American to first-class citizenship is the most important issue of our time.* Jackie Robinson
- *As long as I live, I will never forget that day 21 years ago when I raised my hand and took the oath of citizenship. Do you know how proud I was? I was so proud that I walked around with an American flag around my shoulders all day long.* Arnold Schwarzenegger
- *There's no such thing as second class citizenship. That's like telling me you can be a little bit pregnant.* H. Rap Brown
- *On July 28th, 2006, I was very proud to become a citizen of the United States — the greatest privilege on planet Earth. I cannot, or will not, take the freedoms this country offers for granted. But these freedoms have come with a price so many times.* Melania Trump in her 2016 RNC speech
- *Because even as you've put in the work required to become a citizen, you still have a demanding and rewarding task ahead of you — and that is the hard work of active citizenship. You have rights and you have responsibilities. And now you have to help us write the next great chapter in America's story.* Barack Obama in his December 15th, 2015 speech at the National Archives
- *It was we, the people; not we, the white male citizens; nor yet we, the male citizens; but we, the whole people, who formed the Union... Men, their rights and nothing more; women, their rights and nothing less.* Susan B. Anthony
- *There's so much happening around the world and the only way to be more well versed is to be a global citizen traveling from one place to another all the time.* Freida Pinto

# Lesson Blueprints: Quotations

## Resource: Civility

### Level: Middle and High School

- *The civility which money will purchase, is rarely extended to those who have none.* Charles Dickens
- *Today we affirm a new commitment to live out our nation's promise through civility, courage, compassion and character.* George W. Bush
- *Civility is not about dousing strongly held views. It's about making sure that people are willing to respect other perspectives.* Jim Leach
- *I'm not shy about heated debate or passionate discourse, but when people get crazy or rude, that's a buzz kill. There's got to be a better code of conduct, some basic etiquette.* Mos Def
- *As citizens we have to be more thoughtful and more educated and more informed. I turn on the TV and I see these grown people screaming at each other, and I think, well, if we don't get our civility back we're in trouble.* Emmylou Harris
- *Play fair. Don't hit people. Say you're sorry when you hurt somebody.* Robert Fulghum
- *I am worn out with civility.* Jane Austen in **Mansfield Park**



# Lesson Blueprints: Quotations

## Resource: College/Career Education

### Level: Middle and High School

- *If you have four years to complete your college education, do it.* Bo Jackson
- *An investment in knowledge pays the pays interest.* Benjamin Franklin
- *Go to College, Stay in school, If they can make penicillin out of mouldy bread, they can sure make something out of you.* Muhammad Ali
- *I wish I could go back to college, in college you know who you are, you sit in the quad and you think, "Oh my god! I am totally gonna go far!"* Princeton from "I Wish I Could Go Back to College" from **Avenue Q**
- *I'm going to college. I don't care if it ruins my career. I'd rather be smart than a movie star.* Natalie Portman

## Lesson Blueprints: Quotations

### Resource: Cooperation

### Level: Middle and High School

- *Competition has been shown to be useful up to a certain point and no further, but cooperation, which is the thing we must strive for today, begins where competition leaves off.* Franklin D. Roosevelt
- *Non-cooperation with evil is as much a duty as is cooperation with good.* Mahatma Gandhi
- *Great discoveries and improvements invariably involve the cooperation of many minds. I may be given credit for having blazed the trail, but when I look at the subsequent developments I feel the credit is due to others rather than to myself.* Alexander Graham Bell
- *The keystone of successful business is cooperation.* James Cash Penney
- *Alone we can do so little; together we can do so much.* Helen Keller
- *The only thing that will redeem mankind is cooperation.* Bertrand Russell
- *Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.* Dwight D. Eisenhower

# Lesson Blueprints: Quotations

## Resource: Courage

### Level: Middle and High School

- *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 important, have the courage to follow your heart and intuition.* Steve Jobs
- *He who is not courageous enough to take risks will accomplish nothing in life.* Muhammad Ali
- *Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.* Winston Churchill
- *Jump, and you will find out how to unfold your wings as you fall.* Ray Bradbury
- *Only those who will risk going too far can possibly find out how far one can go.* T.S. Eliot
- *You will never do anything in this world without courage. It is the greatest quality of the mind next to honor.* Aristotle
- *The most courageous act is still to think for yourself. Aloud.* Coco Chanel
- *You've always had the power, my dear, you just had learn it for yourself.* Glinda from **The Wizard of Oz**

# Lesson Blueprints: Quotations

## Resource: Courtesy

### Level: Middle and High School

- *If we accept being talked to any kind of a way, then we are telling ourselves we are not quite worth the best. And if we have the effrontery to talk to anybody with less than courtesy, we tell ourselves and the world we are not very intelligent.* Maya Angelou
- *Courtesy is a lady's armor.* Sophie Turner
- *When restraint and courtesy are added to strength, the latter becomes irresistible.* Mahatma Gandhi
- *Courtesy is as much a mark of a gentleman as courage.* Theodore Roosevelt
- *Life is short, but there is always time enough for courtesy.* Ralph Waldo Emerson
- *If you can't say something nice, don't say nothin' at all.* Thumper from **Bambi**

## Lesson Blueprints: Quotations

### Resource: Diligence

### Level: Middle and High School

- *Learning is not attained by chance, it must be sought for with ardor and diligence.* Abigail Adams
- *The leading rule for the lawyer, as for the man of every calling, is diligence.* Abraham Lincoln
- *Diligence is the mother of good fortune, and idleness, its opposite, never brought a man to the goal of any of his best wishes.* Miguel de Cervantes
- *I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time.* Charles Dickens
- *Chaos is inherent in all compounded things. Strive on with diligence.* Buddha
- *Diligence is the mother of good fortune.* Benjamin Disraeli
- *The thing about tennis is if you stay off for two weeks or just for three days, you can lose your rhythm quickly. So it's just a question of constant diligence and vigilance.* Venus Williams

## Lesson Blueprints: Quotations

### Resource: Empathy

### Level: Middle and High School

- *I always feel that life can teach you how to act. I'm always looking at life through other people's eyes. By feeling empathy. And I do feel that I am constantly learning.* Cara Delevingne
- *Empathy is about finding echoes of another person in yourself.* Mohsin Hamid
- *Everything bad that's ever happened to me has taught me compassion. You can learn the best lessons from the hardest obstacles and the most hurtful experiences. Take what you can by learning compassion and empathy.* Ellen DeGeneres
- *The biggest deficit that we have in our society and in the world right now is an empathy deficit. We are in great need of people being able to stand in somebody else's shoes and see the world through their eyes.* Barack Obama
- *We need to have empathy. When we lose empathy, we lose our humanity.* Goldie Hawn
- *I pray, right now, that we're moving into a kinder time when prejudice is overcome by understanding; when narrow-mindedness, and narrow-minded bigotry is overwhelmed by open-hearted empathy; when the pain of judgmentalism is replaced by the purity of love.* Janet Jackson
- *Empathy is a tool for building people into groups, for allowing us to function as more than self-obsessed individuals.* Neil Gaiman

# Lesson Blueprints: Quotations

## Resource: Freedom

### Level: Middle and High School

- *Freedom is never given; it is won.* A. Philip Randolph
- *Man is free at the moment he wishes to be.* Voltaire
- *Liberty, when it begins to take root, is a plant of rapid growth.* George Washington
- *Freedom lies in being bold.* Robert Frost
- *The most important kind of freedom is to be what you really are. You trade in your reality for a role. You give up your ability to feel, and in exchange, put on a mask.* Jim Morrison
- *I would like to be remembered as a person who wanted to be free, so other people would be also free.*  
Rosa Parks
- *Real freedom is having nothing. I was freer when I didn't have a cent.* Mike Tyson
- *A hero is someone who understand the responsibility that comes with his freedom.* Bob Dylan
- *Man's red flower,  
It's in every living thing,  
Mind, use your power  
Spirit, use your wings  
Freedom Pharrell, "Freedom!"*
- *We, the People, recognize that we have responsibilities as well as rights; that our destinies are bound together; that a freedom which only asks what's in it for me, a freedom without a commitment to others, a freedom without love or charity or duty or patriotism, is unworthy of our founding ideals, and those who died in their defense.* Barack Obama

# Lesson Blueprints: Quotations

## Resource: Gender Identity

### Level: Middle and High School

- *It's not just about one person. It's about thousands of people. It's not just about me. It's about all of us accepting one another. We are all different. That's not a bad thing. That's a good thing, and while it may not be easy to get past the things you don't always understand, I want to prove that it is absolutely possible if we only do it together.* Caitlin Jenner
- *If someone believes they are limited by their gender, race, or background, they will become more limited.* Carly Fiorina
- *A gender-equal society would be one where the word 'gender' does not exist: where everyone can be themselves.* Gloria Steinem
- *The soul has no gender.* Clarissa Pinkola Estes
- *To those who are gay, lesbian, bisexual, or transgender-let me say- you are not alone. You're struggle, for the end to violence and discrimination, is a shared struggle. Today, I stand with you. And I call upon all countries and people, to stand with you too. A historic shift is underway. We must tackle the violence, decriminalize consensual same sex relationships and end discrimination. We must educate the public. I call on this council and people of conscience to make this happen. The time has come.* Ban Ki-Moon
- *It is time that we all see gender as a spectrum instead of two sets of opposing ideals.* Emma Watson
- *True peace must be anchored in justice and an unwavering commitment to universal rights for all humans, regardless of ethnicity, religion, gender, national origin or any other identity attribute.* Desmond Tutu
- *Dear lad, believe it;  
For they shall yet belie thy happy years  
That say thou art a man. Diana's lip  
Is not more smooth and rubious, thy small pipe  
Is as the maiden's organ, shrill and sound,  
And all is semblative a woman's part.* Orsino in **Twelfth Night**



# Lesson Blueprints: Quotations

## Resource: Generosity

### Level: Middle and High School

- *Goodness is about character — integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people.* Dennis Prager
- *Gentleness, self-sacrifice and generosity are the exclusive possession of no one race or religion.*  
Mahatma Gandhi
- *We make a living by what we get, but we make a life by what we give.* Winston Churchill
- *No act of kindness, however small, is ever wasted.* Aesop
- *When will our consciences grow so tender that we will act to prevent human misery rather than avenge it?*  
Eleanor Roosevelt
- *This idea of selfishness as a virtue, as opposed to generosity: that, to me, is unnatural.* Jessica Lange
- *Obviously, you would give your life for your children, or give them the last biscuit on the plate. But to me, the trick in life is to take that sense of generosity between kin, make it apply to the extended family and to your neighbor, your village and beyond.* Tom Stoppard

# Lesson Blueprints: Quotations

## Resource: Healthy Lifestyles

### Level: Middle and High School

- *Nobody is perfect, so get over the fear of being or doing everything perfectly. Besides, perfect is boring. Today, instead of picking yourself apart in the mirror or with friends over drinks, start seeing your 'imperfections' as unique traits that give you character and dimension—because that's exactly what they are.* Jillian Michaels
- *If you take care of your body, it'll take care of you. The benefit obviously is that I'm protecting my body from being harmed. I did my best to prepare and condition my body over time. If I didn't do this, I'd look a mess because of the lifestyle I live.* Usher
- *If you're trying to achieve, there will be roadblocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.* Jessica Simpson
- *If you're healthy all around, you'll feel better, and if you feel better, you'll have a more positive outlook. It's all connected.* Bridget Moynahan
- *You shouldn't be pressured into trying to be thin by the fashion industry . . . you have to remember that it's not practical or possible for an everyday woman to look like that . . . it's not realistic and it's not healthy.* Rihanna
- *Take care of your body. It's the only place you have to live.* Jim Rohn
- *I think fitness is important. I think a healthy lifestyle is important. I think putting positive energy out there is important and just staying connected with the people.* LL Cool J

# Lesson Blueprints: Quotations

## Resource: Helpfulness

### Level: Middle and High School

- *If the human race wishes to have a prolonged and indefinite period of material prosperity, they have only got to behave in a peaceful and helpful way toward one another.* Winston Churchill
- *I want to get involved in things that makes a difference in peoples lives and lifts them up. I don't want to be a part of anything that's not inspiring or helpful to the community that I'm serving.* Russell Simmons
- *The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.* Barack Obama
- *I like video games, but they're really violent. I'd like to play a video game where you help the people who were shot in all the other games.* Demetri Martin
- *Then it occurred to him that any progress he had made on his quest so far he had made by accepting the help that had been offered to him.* Neil Gaiman in **Stardust**
- *I feel it's a responsibility for anyone who breaks through a certain ceiling to send the elevator back down and give others a helpful lift.* Kevin Spacey

## Lesson Blueprints: Quotations

### Resource: Heroin and Other Addictive Drug Use

#### Level: Middle and High School

- *I had someone at the Houston police station shoot me with heroin so I could do a story about it. The experience was a special kind of hell. I came out understanding full well how one could be addicted to 'smack,' and quickly.* Dan Rather
- *Without cigarettes, I would be doing heroin, probably, on a daily basis.* Joel Madden
- *Reality is a crutch for people who can't handle drugs.* Robin Williams
- *We had two bags of grass, seventy-five pellets of mescaline, five sheets of high powered blotter acid, a salt shaker half full of cocaine, and a whole galaxy of multi-colored uppers, downers, screamers, laughs... and also a quart of tequila, a quart of rum, a case of Budweiser, a pint of raw ether and two dozen amyls.*  
*Not that we needed all that for the trip, but once you get locked into a serious drug collection, the tendency is to push it as far as you can.* Hunter S. Thompson from **Fear and Loathing in Las Vegas**
- *Drugs are a waste of time. They destroy your memory and your self-respect and everything that goes along with your self esteem.* Kurt Cobain
- *I used to refer to my drug use as putting the monster in the box. I wanted to be less, so I took more - simple as that.* Carrie Fisher

## Lesson Blueprints: Quotations

### Resource: Honesty

### Level: Middle and High School

- *Honesty and loyalty are key. If two people can be honest with each other about everything, that's probably the biggest key to success.* Taylor Lautner
- *No legacy is so rich as honesty.* William Shakespeare
- *There's just some magic in truth and honesty and openness.* Frank Ocean
- *We learned about honesty and integrity — that the truth matters... that you don't take shortcuts or play by your own set of rules... and success doesn't count unless you earn it fair and square.* Michelle Obama
- *Honesty will never break you.* Kate Hudson
- *Honesty is the best policy.* Benjamin Franklin
- *My career is based on openness and honesty.* Kim Kardashian
- *Nothing trumps honesty, as far as I'm concerned.* David Koehn

# Lesson Blueprints: Quotations

## Resource: Honor

### Level: Middle and High School

- *The greatest way to live with honor in this world is to be what we pretend to be.* Socrates
- *I take things like honor and loyalty seriously. It's more important to me than any materialistic thing or any fame I could have.* Lloyd Banks
- *I have a personal ambition to live my life honestly and honor the true love that I've had and also the people I've had around me.* Lana Del Rey
- *Our own heart, and not other men's opinions form our true honor.* Samuel Taylor Coleridge
- *Honor is a gift a man gives himself. You can be as good as anyone that ever lived. If you can read, you can learn everything that anyone ever learned. But you've got to want it.* Ricky Gervais
- *I would prefer even to fail with honor than win by cheating.* Sophocles
- *A girl can bring her family  
Great honor in one way  
By striking a good match  
And this could be the day.* "Honor to us All" from **Mulan**

# Lesson Blueprints: Quotations

## Resource: Importance of Education

### Level: Middle and High School

- *Education is the most powerful weapon which you can use to change the world.* Nelson Mandela
- *You have to get your education. Then nobody can control your destiny.* Charles Barkley
- *Education is the passport to the future, for tomorrow belongs to those who prepare for it today.* Malcom X
- *Being incarcerated is truly very serious, and it has changed my life to such an extent that breaking the cycle has become my sole focus. Jail is definitely not cool. Education is.* Ja Rule
- *If you don't give education to people, it is easy to manipulate them.* Pele
- *The sexiest thing in the entire world is being really smart. And being thoughtful and being generous. Everything else is crap. I promise you.* Ashton Kutcher
- *You can never be over dressed or over educated.* Oscar Wilde
- *Give a girl an education and introduce her properly into the world, and ten to one but she has the means of settling well, without further expense to anybody.* Jane Austen
- *I don't mind if I have to sit on the floor at school. All I want is education. And I'm afraid of no one.* Malala Yousafzai

## Lesson Blueprints: Quotations

### Resource: Importance of School Attendance

#### Level: Middle and High School

- *It's so important to understand your good attendance ups your chances of graduating.* Tyra Banks
- *If my career goes south, I'm working at McDonald's. I'm driving a tow truck. That's why I'm going back to high school.* Mark Wahlberg
- *The best thing you can do to guarantee your success is to show up every day prepared to do work...you have to be present to get results. There will be days where you don't feel like doing it. Trust me, I get it. But it's when you dig deep and remember what it's all about and what you're doing it for, you deserve the best and it starts with being in school.* Nick Cannon
- *Knowledge is the foundation of everything. If I didn't have it, I wouldn't have anything. It can start from you going to school, talking to your guidance counselor, talking to your principal... education is everything. Without it, I have nothing.* Ciara



# Lesson Blueprints: Quotations

## Resource: Integrity

### Level: Middle and High School

- *The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively.* Bob Marley
- *Integrity is doing the right thing, even when no one is watching.* C. S. Lewis
- *Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.* Oprah Winfrey
- *My heroes are just everyday people who work hard, are honest and have integrity.* Jordin Sparks
- *Nothing is at last sacred but the integrity of your own mind.* Ralph Waldo Emerson
- *We learned about honesty and integrity — that the truth matters... that you don't take shortcuts of play by your own set of rules and success doesn't count unless you earn it fair and square.* Michelle Obama
- *The strength of a nation derives from the integrity of the home.* Confucius
- *Voting is the most precious right of every citizen, and we have a moral obligation to ensure that integrity of your voting process.* Hillary Clinton

# Lesson Blueprints: Quotations

## Resource: Justice and Fairness

### Level: Middle and High School

- *Injustice anywhere is a threat to justice everywhere.* Martin Luther King, Jr.
- *I'm for truth, no matter who tells it. I'm for justice, no matter who it's for or against.* Malcolm X
- *Finally, let us understand that when we stand together, we will always win. When men and women stand together for justice, we win. When black, white and Hispanic people stand together for justice, we win.* Bernie Sanders
- *Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace.* Dwight D. Eisenhower
- *I believe in justice, and I believe in people being held responsible for their actions.* Bruce Willis
- *Justice.* Batman
- *And that's how we build the economy of the future. An economy with more jobs and less debt, we root it in fairness. We grow it with opportunity. And we build it together.* Elizabeth Warren

# Lesson Blueprints: Quotations

## Resource: Kindness

### Level: Middle and High School

- *Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.* Lao Tzu
- *Kindness is the language which the deaf can hear and the blind can see.* Mark Twain
- *Nothing is black or white, nothing's 'us or them.' But then there are magical, beautiful things in the world. There's incredible acts of kindness and bravery, and in the most unlikely places, and it gives you hope.* Dave Matthews
- *Kind words can be short and easy to speak, but their echoes are truly endless.* Mother Teresa
- *Don't mistake my kindness for weakness.* Al Capone
- *Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.* Princess Diana
- *It's not our job to play judge and jury, to determine who is worthy of our kindness and who is not. We just need to be kind, unconditionally and without ulterior motive, even — or rather, especially — when we'd prefer not to be.* Josh Radnor

# Lesson Blueprints: Quotations

## Resource: Loyalty

### Level: Middle and High School

- *I think a good friend, to me, is all about trust and loyalty. You don't ever want to second-guess whether you can tell your friend something.* Lauren Conrad
- *Within the hearts men, loyalty and consideration are esteemed greater than success.* Bryant H. McGill
- *If you're not loyal to your team, you can get by for a while, but eventually you will need to rely on their loyalty to you, and it just won't be there.* Tim Schafer
- *My whole thing is loyalty. Loyalty over royalty; word is bond.* Fetty Wap
- *When people show loyalty to you, you take care of those who are with you. It's how it goes with everything. If you have a small circle of friends, and one of those friends doesn't stay loyal to you, they don't stay your friend for very long.* John Cena
- *You might belong in Hufflepuff, Where they are just and loyal, Those patient Hufflepuffs are true, And unafraid of toil...* The Sorting Hat from **Harry Potter and the Sorcerer's Stone** by J.K. Rowling
- *What I value most in my friends is loyalty.* David Mamet

# Lesson Blueprints: Quotations

## Resource: Managing Stress

### Level: Middle and High School

- *Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.* Marilu Henner
- *Its not stress that kills us, it is our reaction to it.* Hans Selye
- *Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive.* Ziggy Marley
- *One of the best pieces of advice I ever got was from a horse master. He told me to go slow to go fast. I think that applies to everything in life. We live as though there aren't enough hours in the day but if we do each thing calmly and carefully we will get it done quicker and with much less stress.* Viggo Mortenson
- *Stress is something that's created in the mind, basically. It's how we look at things. So our greatest defense against stress is the ability to change our minds; to change our thinking.* Goldie Hawn

# Lesson Blueprints: Quotations

## Resource: Patience

### Level: Middle and High School

- *Patience is not simply the ability to wait - it's how we behave while we're waiting.* Joyce Meyer
- *Have patience. All things are difficult before they become easy.* Saadi
- *My dad said to me, 'Work hard and be patient.' It was the best advice he ever gave me. You have to put the hours in.* Simon Cowell
- *We could never learn to be brave and patient, if there were only joy in the world.* Helen Keller
- *Genius is eternal patience.* Michelangelo
- *Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.* Harriet Tubman
- *The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen.* Ralph Marston

## Lesson Blueprints: Quotations

### Resource: Perseverance

### Level: Middle and High School

- *Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.* Pele
- *Perseverance is failing 19 times and succeeding the 20th.* Julie Andrews
- *Everything that I've ever been able to accomplish in skating and in life has come out of adversity and perseverance.* Scott Hamilton
- *Keep the faith, don't lose your perseverance and always trust your gut instinct.* Paula Abdul
- *If you are going through hell, keep going.* Winston Churchill
- *Just remember, you can do anything you set your mind to, but it takes action, perseverance, and facing your fears.* Gillian Anderson
- *Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air.* John Quincy Adams

# Lesson Blueprints: Quotations

## Resource: Relationship Skills

### Level: Middle and High School

- *Truth is, I'll never know all there is to know about you just as you will never know all there is to know about me. Humans are by nature too complicated to be understood fully. So, we can choose either to approach our fellow human beings with suspicion or to approach them with an open mind, a dash of optimism and a great deal of candour.* Tom Hanks
- *They may forget what you said, but they will never forget how you made them feel.* Carl W. Buechner
- *You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.* Dale Carnegie
- *The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.* Thomas Merton
- *We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.* Joyce Meyer
- *Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.* Oprah Winfrey



## Lesson Blueprints: Quotations

### Resource: Respect

### Level: Middle and High School

- *We don't need to share the same opinions as others, but we need to be respectful.* Taylor Swift
- *It is so much easier to be nice, to be respectful, to put yourself in your customers' shoes and try to understand how you might help them before they ask for help, than it is to try to mend a broken customer relationship.* Mark Cuban
- *In the household in which I was raised, the themes were pretty simple. 'Work hard. Don't quit. Be appreciative, be thankful, be grateful, be respectful. Also, never whine, never complain. And always, for crying out loud, keep a sense of humor.'* Michael Keaton
- *A person's a person, no matter how small.* **Horton Hears a Who** by Dr. Seuss
- *I think I'm a natural-born leader. I know how to bow down to authority if it's authority that I respect.* Tupac
- *I'm sick of just liking people. I wish to God I could meet somebody I could respect.* J.D. Salinger
- *Everyone in society should be a role model, not only for their own self-respect, but for respect from others.* Barry Bonds

# Lesson Blueprints: Quotations

## Resource: Responsibility

### Level: Middle and High School

- *The price of greatness is responsibility.* Winston Churchill
- *Leadership - leadership is about taking responsibility, not making excuses.* Mitt Romney
- *If you take responsibility for yourself you will develop a hunger to accomplish your dreams.* Les Brown
- *You cannot escape the responsibility of tomorrow by evading it today.* Abraham Lincoln
- *It's our responsibility for the village to say, 'Hey we're going to create these programs,' whether it's sports, creative arts, music, we need some things to give young people positive things to do, and that's including jobs.* Common
- *When all the original blues guys are gone, you start to realize that someone has to tend to the tradition. I redcognize that I have some responsibility to keep the music alive, and it's a pretty honorable position to be in.* Eric Clapton
- *Only by taking responsibility for oneself, to the greatest extent possible, can one ever be free, and only a free person can make responsible choices - between right and wrong, saving and spending, giving or taking.* Paul Ryan

# Lesson Blueprints: Quotations

## Resource: Responsible Decision Making

### Level: Middle and High School

- *Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.* Robert H. Schuller
- *Our life is the sum total of all the decisions we make every day, and those decisions are determined by our priorities.* Myles Munroe
- *Everyone has to make their own decisions. I still believe in that. You just have to be able to accept the consequences without complaining.* Grace Jones
- *Just really, really believe in what you're trying to do. Don't let people alter that. Let people advise you and lead you down paths to make smart business decisions. But trust your instinct and trust that overwhelming drive that made you put all your dreams and everything on the line.* Luke Bryan
- *Quick decisions are unsafe decisions.* Sophocles
- *I am always wary of decisions made hastily. I am always wary of the first decision, that is, the first thing that comes to my mind if I have to make a decision. This is usually the wrong thing. I have to wait and assess, looking deep into myself, taking the necessary time.* Pope Francis
- *Life teaches you that you need to make decisions in the right time - not too early, not too late.* Jeb Bush
- *I always say, decisions I make, I live with them. There's always ways you can correct them or ways you can do them better. At the end of the day, I live with them.* LeBron James

## Lesson Blueprints: Quotations

### Resource: Screen Addiction

### Level: Middle and High School

- *Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our own story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cell phone.* Steven Spielberg
- *The idea of prosthetics is a tool. Most people's cell phones are prosthetics. If you leave your cell phone at home, you feel impacted by not having it. It's an important part of your daily function and what you can do in a day.* Aimee Mullins
- *The cell phone has become the adult's transitional object, replacing the toddler's teddy bear for comfort and a sense of belonging.* Margaret Heffernan
- *It's not good enough for us to have generations of kids that... look forward to a better version of a cell phone with a video in it. They need to look forward to exploration.* Burt Rutan
- *The last watch I wore felt like a handcuff. When I need to know the time, I check my cell phone.* Regina Brett
- *I cannot stress enough that the answer to life's questions is often in people's faces. Try putting your iPhones down once in a while, and look in people's faces. People's faces will tell you amazing things. Like if they are angry, or nauseous or asleep.* Amy Poehler

# Lesson Blueprints: Quotations

## Resource: Self-Awareness

### Level: Middle and High School

- *Find out who you are and do it on purpose.* Dolly Parton
- *As you become more clear about who you really are, you'll be better able to decide what is best for you — the first time around.* Oprah Winfrey
- *You should wear what you want to wear and not worry about trying to paint yourself in a certain image because that self-awareness is what's going to help you become a more independent and more interesting and healthier adult.* Alexandra Robbins
- *Love not what you are, but what you may become.* Cervantes
- *Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.* Tao Te Ching
- *Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there.* Marcus Aurelius

# Lesson Blueprints: Quotations

## Resource: Self-Control

### Level: Middle and High School

- *By constant self-discipline and self-control you can develop greatness of character.* Grenville Kleiser
- *Buddha's teaching are very simple, you don't have to break your head to understand the message. The part that I like the most from Buddha's teachings and from His Holiness, The Dalai Lama, is that the most powerful weapon is to not attack, to be able to have self-control.* Ricky Martin
- *Self-control, openness, the ability to engage with others, to plan and to persist - these are the attributes that get people in the door and on the job, and lead to productive lives.* James Heckman
- *Self-reverence, self-knowledge, self-control; these three alone lead one to sovereign power.*  
Alfred, Lord Tennyson
- *What lies in our power to do, it lies in our power not to do.* Aristotle
- *The best fighter is never angry.* Lao Tzu
- *You decide your own level of involvement.* Chuck Palahniuk in **Fight Club**

# Lesson Blueprints: Quotations

## Resource: Self-Management

### Level: Middle and High School

- *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 other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary. Steve Jobs*
- *Leaders aren't born they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal. Vince Lombardi*
- *You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of. Jim Rohn*
- *The key is taking responsibility and initiative, deciding what your life is about and prioritizing your life around the most important things. Stephen Covey*
- *You are your own leader. Where are you driving yourself to now? You can't afford to go wayward! Rise up and break new territories and live life so well. Israelmore Ayivor*

## Lesson Blueprints: Quotations

### Resource: Smoking

### Level: Middle and High School

- *Smoking kills. If you're killed, you've lost a very important part of your life.* Brooke Shields
- *Smoking sucks! The one thing I would say to my kid is, 'It's not just that it's bad for you. Do you want to spend the rest of your life fighting a stupid addiction to a stupid thing that doesn't even really give you a good buzz?'* Katherine Heigl
- *You're always better off if you quit smoking; it's never too late.* Loni Anderson
- *It's glamorous on film, but it's not glamorous waking up and smelling like an ashtray.* John Hamm
- *The reason you finally quit is because you look at what cigarettes do to you. Once you realize the consequences, it's no longer an option for you to smoke. I think that applies to any addiction.* Matt Damon
- *I stopped smoking. When I stopped smoking, my voice changed so drastically, I couldn't believe it myself.* Bob Dylan
- *People were buying cigarettes before Freud was born.* Don Draper from **Mad Men**



# Lesson Blueprints: Quotations

## Resource: Social Awareness

### Level: Middle and High School

- *Total revolution of consciousness and our entire social, political and economic system is what interests me, but that's not on the ballot.* Russel Brand
- *The only tyrant I accept in this world is the still voice within.* Mahatma Gandhi
- *The two most important days in your life are the day you are born and the day you find out why.*  
Mark Twain
- *Not the consciousness of men determines their being, but their social being determines their consciousness.*  
Karl Marx
- *A good writer cannot avoid having social consciousness. I don't mean this about small pieces of writing, but about a big book. If it's a big book, there has to be more than one undertow.* Marguerite Young

# Lesson Blueprints: Quotations

## Resource: Social Media

### Level: Middle and High School

- *I just think women should love themselves more than they do. Because I think - with all the social media stuff — we look at ourselves too much, and we just destroy ourselves when we're way cooler than we know.* Meghan Trainor
- *Social media is an amazing tool, but it's really the face-to-face interaction that makes a long-term impact.* Felicia Day
- *Now we have so many more social outlets, so many ways to be stalked and bullied. If social media is too much for you to handle, then don't have a Twitter or Facebook account. Just be yourself. Be who you want to be.* Khloe Kardashian
- *The thought that so many people get their news from social media really is scary.* Rush Limbaugh
- *Most days I am in public. If I go to the store, with social media, I'm in public. It might as well be a press conference.* Dwayne Wade
- *I'm a social media addict.* Issa Rae
- *You can either allow social media to be helpful for you or it can be harmful. I like to let it be helpful.* Ciara
- *The image of myself that I give on social media isn't actually who I am; it's not 100 percent me, obviously.* Ansel Elgort
- *Preconceived judgments. I think we're all guilty of it. I judge other people even though I get judged myself. It's such a disease and gets spread so much through social media.* Suki Waterhouse

# Lesson Blueprints: Quotations

## Resource: Stereotyping

### Level: Middle and High School

- *We can each define ambition and progress for ourselves. The goal is to work toward a world where expectations are not set by the stereotypes that hold us back, but by our personal passion, talents and interests.* Sheryl Sandberg
- *We shouldn't judge people through the prism of our own stereotypes.* Queen Rania of Jordan
- *You don't tell people who disagree with you they'd be better off somewhere else. And you don't reduce them to stereotypes; you address them as fully formed people worthy of respect. You try to persuade them.* Peggy Noonan
- *People are much deeper than stereotypes. That's the first place our minds go. Then you get to know them and you hear their stories, and you say, 'I'd have never guessed.'* Carson Kressley
- *You really can't stereotype people or put them in boxes, it's unfair.* Kesha
- *The emotional, sexual and psychological stereotyping of females begins when the doctor says: it's a girl.* Shirley Chisholm
- *Kools and Newports were for black people and lower-class whites. Camels were for procrastinators, those who wrote bad poetry, and those who put off writing bad poetry. Merits were for sex addicts, Salems were for alcoholics, and Mores were for people who considered themselves to be outrageous but really weren't.* David Sedaris

## **Lesson Blueprints: Quotations**

### **Resource: Steroids/Steroid Use**

### **Level: Middle and High School**

- *Performance-enhancing drugs are an illusion. I wish I had never gotten involved with steroids. It was wrong. It was stupid.* Mark McGwire
- *Well, when I think of steroids I think of an image. You have the advantage over someone, which is a form of cheating. I guess it wouldn't be right unless it was legal for everybody. Reason it's not legal for everybody is because it can hurt people seriously.* Evander Holyfield
- *Several professional athletes have wrongly taught many young Americans by example that the only way to succeed in sports is to take steroids.* Jim Sensenbrenner
- *There's other ways to make your head and muscles bigger than just steroids.* Pete Rose
- *I will use whatever influence and popularity that I have to discourage young athletes from taking any drug that is not recommended by a doctor.* Mark McGwire

# Lesson Blueprints: Quotations

## Resource: Togetherness

### Level: Middle and High School

- *If you want to go fast, go alone. If you want to go far, go together.* African proverb
- *Coming together is a beginning; keeping together is progress; working together is success.* Henry Ford
- *I can do things you cannot, you can do things I cannot; together we can do great things.* Mother Teresa
- *You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.* Babe Ruth
- *Yes, because whatever is next, you and I are in it together.* Leslie Knope in **Parks and Recreation**
- *All human beings are also dream beings. Dreaming ties all mankind together.* Jack Kerouac
- *God's dream is that you and I and all of us will realize that we are family, that we are made for togetherness, for goodness and for compassion.* Desmond Tutu
- *Me and you and you and me  
No matter how they toss the dice, it had to be  
The only one for me is you, and you for me  
So happy together.* "Happy Together" by The Turtles

# Lesson Blueprints: Quotations

## Resource: Tolerance

### Level: Middle and High School

- *I think tolerance and acceptance and love is something that feeds every community.* Lady Gaga
- *Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others.* John F. Kennedy
- *Tolerance, compromise, understanding, acceptance, patience - I want those all to be very sharp tools in my shed.* CeeLo Green
- *Tolerance, like any aspect of peace, is forever a work in progress, never completed, and, if we're as intelligent as we like to think we are, never abandoned.* Octavia E. Butler
- *Tolerance is giving to every other human being every right that you claim for yourself.*  
Robert Green Ingersoll
- *What is tolerance? It is the consequence of humanity. We are all formed of frailty and error; let us pardon reciprocally each other's folly – that is the first law of nature.* Voltaire
- *America and Islam are not exclusive and need not be in competition. Instead, they overlap, and share common principles of justice and progress, tolerance and the dignity of all human beings.* Barack Obama
- *I am a lover of truth, a worshipper of freedom, a celebrant at the altar of language and purity and tolerance.* Stephen Fry

# Lesson Blueprints: Quotations

## Resource: Trustworthiness

### Level: Middle and High School

- *Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships.* Stephen Covey
- *Trust has to be earned, and should come only after the passage of time.* Arthur Ashe
- *Responsibilities are given to him on whom trust rests. Responsibility is always a sign of trust.* James Cash Penney
- *Trust one who has tried.* Virgil
- *Your eyes can deceive you. Don't trust them.* Obi-Wan Kenobi in **A New Hope**
- *The trust of the innocent is the liar's most useful tool.* Stephen King
- *Trust, but verify.* Ronald Reagan
- *Few things help an individual more than to place responsibility upon him, and to let him know that you trust him.* Booker T. Washington