

Cool Quotes for Teens

Each of the following adages appears in a text called Teen Quotes. They are beliefs of both famous and not-so-famous individuals. To which quotation(s) below can you make a text-to-self connection based on your own life experiences?

1. The good or ill of a man lies within his own will. – Epictetus
2. The greatest and most important problems in life are all in a certain sense insoluble. They can never be solved, but only outgrown. – Carl Jung
3. The greatest thing about man is his ability to transcend himself, his ancestry, and his environment and to become what he dreams of being. – Tully C. Knoles
4. The happiness of your life depends upon the quality of your thoughts... take care that you entertain no notions unsuitable to virtue and reasonable nature. – Marcus Aurelius
5. The life given us by nature is short, but the memory of a life well spent is eternal. – Cicero
6. The love we give away is the only love we keep. – Elbert Hubbard
7. The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year. – John Foster Dulles
8. The miracle is not to fly in the air, or to walk on the water, but to walk on the earth.
– Chinese Proverb
9. The more you lose yourself in something bigger than yourself, the more energy you will have. – Norman Vincent Peale
10. The only discipline that lasts is self-discipline. – Bum Phillips

Coaching Quotes

Sometimes personal essays are actually inspired by a belief statement or quotation from someone famous whom the writer respects. Do any quotations below ring true with what you yourself believe? If so, one of these quotations might offer a thesis around which you can frame a personal essay about an insight that has made a real difference in your own life.

1. “I have found that being honest is the best technique I can use. Right up front, tell people what you’re trying to accomplish, and what you're willing to sacrifice to accomplish it.” – Lee Iococca
2. “I know you’ve heard it a thousand times before. But it’s true—hard work pays off. If you want to be good, you have to practice, practice, practice. If you don’t love something, then don’t do it.” – Ray Bradbury
3. “If you’re not making mistakes, then you’re not doing anything. I’m positive that a doer makes mistakes.” – John Wooden
4. “It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it.” – Arnold Toynbee
5. “I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to earth.” – Pearl Buck
6. “I don't look to jump over seven-foot bars. I look around for one-foot bars that I can step over.” – Warren Buffett
7. “If you deliberately plan on being less than you are capable of being, then I warn you that you’ll be unhappy for the rest of your life.” – Abraham Maslow
8. “If you don’t quit, and don’t cheat, and don’t run home when trouble arrives, you can only win.” – Shelley Long
9. “Success in golf depends less on strength of body than upon strength of mind and character.” – Arnold Palmer
10. “People of mediocre ability sometimes achieve outstanding success because they don’t know when to quit. Most men succeed because they are determined to.” – George Allen

Beliefs of John Wooden (Woodenisms)

Sometimes personal essays are actually inspired by a belief statement or quotation from someone famous that the writer respects. Do any quotations below from the famous UCLA basketball coach ring true with what you yourself believe? If so, one of these quotations might offer a thesis around which you can frame a personal essay about an insight that has made a real difference in your own life.

1. A man may make mistakes, but he isn't a failure until he starts blaming someone else.
2. Ability may get you to the top, but it takes character to keep you there.
3. The main ingredient of stardom is the rest of the team.
4. Young people need models not critics.
5. Talent is God given; be humble.
Fame is man given; be thankful.
Conceit is self-given; be careful.
6. The journey is greater than the inn.
7. Learn as if you were to live forever;
Live as if you were to die tomorrow.
8. The true athlete should *have* character,
not *be* a character.
9. Do not let what you CANNOT do interfere with what you CAN do.
10. Be more concerned with your character than with your reputation, because your character is what you really are, while your reputation is merely what others think you are.
11. Things turn out best for those who make the best of the way things turn out.