

Name:

Date:

Section:

Score:



Choose a Quote on Calmness



Read the following 5 quotes. Then choose a quote that resonates with you.
Write a detailed explanation on why that quote resonated with you.

Quotes:

1) "There is a calmness to a life lived in gratitude, a quiet joy." - Ralph H. Blum

2) "Opportunity seldom rises with blood pressure." - Jarod Kintz

3) "You cannot perceive beauty, but with a serene mind." - Henry David Thoreau

4) "Set peace of mind as your highest goal, and organize your life around it." - Brian Tracey

5) "Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure." - Oprah Winfrey



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