

I think a hero is an ordinary individual who finds strength to persevere and endure in spite of overwhelming odds.

Christopher Reeves (*Superman*)

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It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all.

J.K. Rowling

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There is no innovation and creativity without failure. Period.

Brené Brown

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Be brave enough to start a conversation that matters.

Dau Voire

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You must be vulnerable to be brave.

Brené Brown

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We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up... discovering we have the strength to stare it down.

Eleanor Roosevelt

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I think a hero is any person really intent on making this a better place for all people.

Maya Angelou

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Heroes are made in the hour of defeat. Success is, therefore, well described as a series of glorious defeats.

Mahatma Gandhi

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We don't have to do it all alone. We were never meant to.

Brené Brown

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The hero is one who kindles a great light in the world, who sets up blazing torches in the dark streets of life for men to see by.

Felix Adler

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A hero is someone who has given his or her life to something bigger than oneself.

Joseph Campbell

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Success is not final, failure is not fatal: it is the courage to continue that counts.

Winston Churchill

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A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

Christopher Reeve

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Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Lao Tzu

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Real courage is when you know you're licked before you begin, but you begin anyway and see it through no matter what.

Harper Lee

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Courage is being scared to death – and saddling up anyway.

John Wayne

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True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others, at whatever cost.

Arthur Ashe

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Sometimes the bravest and most important thing you can do is just show up.

Brené Brown

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Faith is a place of mystery,  
where we find the courage to  
believe in what we cannot see  
and the strength to let go of  
our fear of uncertainty.

Brené Brown

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Progress always involves risks.  
You can't steal second base  
and keep your foot on first.

Frederick B. Wilcox

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Courage starts with showing up  
and letting ourselves be seen.

Brené Brown

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If you're never scared or embarrassed or hurt, it means you never take any chances.

Julia Sorel

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A ship in harbor is safe – but that is not what ships are for.

John A. Shedd

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You're worth being brave.

Brené Brown

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It takes as much courage to have tried and failed as it does to have tried and succeeded.

Anne Morrow Lindbergh

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Wherever you see a successful business, someone once made a courageous decision.

Peter Drucker

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There is no greater gift you can give or receive than to honor your calling.

Oprah Winfrey

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Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

Etty Hillesum

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Being your own story means you can always choose the tone.

Toni Morrison

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No one who achieves success does so without the help of others. The wise and confident acknowledge this help with gratitude.

Alfred North Whitehead

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The only people with whom  
you should try to get even are  
those who have helped you.

John E. Southard

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You get in life what you have  
the courage to ask for.

Oprah Winfrey

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The most beautiful things are  
not associated with money;  
they are memories and  
moments.

Alek Wek

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It is during our darkest moments that we must focus to see the light.

Aristotle

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Look at everything as though you were seeing it either for the first or last time.

Betty Smith

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Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why.

Eddie Cantor

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Do one thing every day that scares you.

Eleanor Roosevelt

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The best way out is always through.

Robert Frost

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You miss 100% of the shots you never take.

Wayne Gretzky

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I have not failed. I've just found 10,000 ways that won't work.

Thomas Edison (attributed)

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Life shrinks or expands in proportion to one's courage.

Anais Nin

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Courage is contagious.

Brené Brown

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