

# Quotes and Words of Wisdom “WOWs” for 2024



Featuring Photographs taken by Linnaea Mallette

*Enjoy*  
THE LITTLE  
*things*



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The only thing that feels worse than being stuck in a situation that makes you unhappy is realizing that you are not ready or willing to change whatever it is.”

-Ashley Lorenzana





**'I'm not telling you it is going to be easy, I'm telling you it's going to be worth it.**





*Embrace* the glorious mess that you are.

— Elizabeth Gilbert

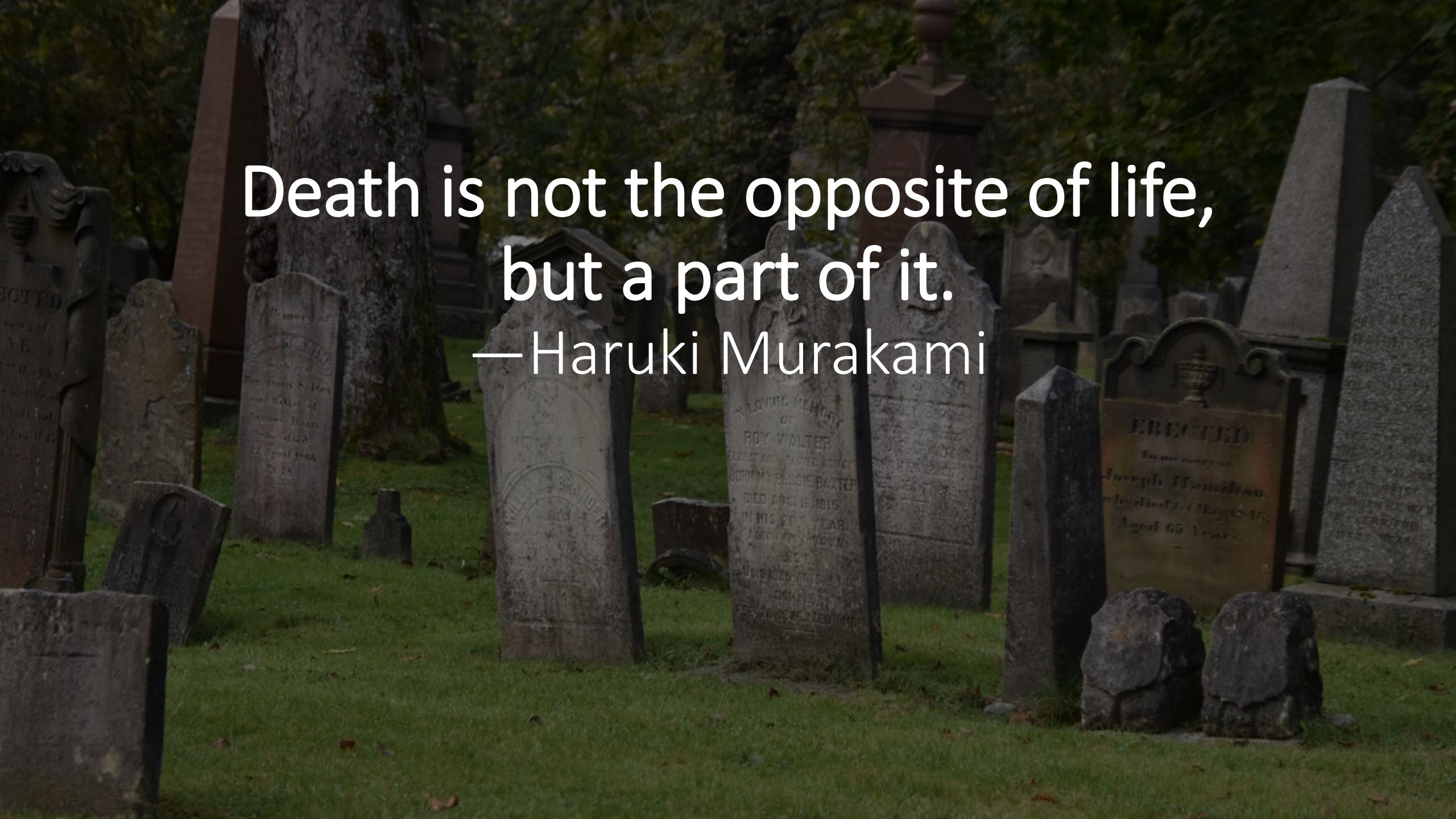


“When in doubt, zip it. Mouths tend to have a mind of their own, and they often don’t align with our brains.”

We can complain  
because rose bushes  
have thorns,  
or rejoice because  
thorn bushes have  
roses.

- Alphonse Karr



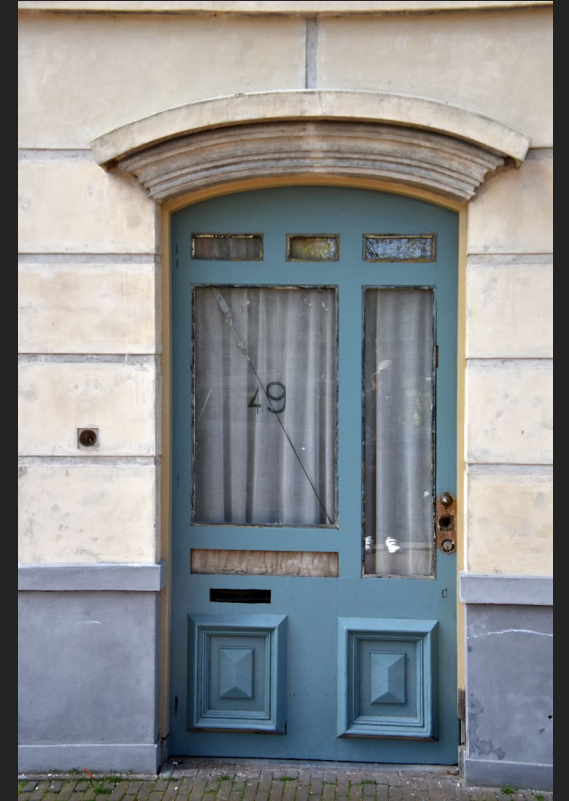
A photograph of a cemetery with various gravestones of different shapes and sizes, including some with intricate carvings. A large, thick tree trunk is visible on the left side. The scene is dimly lit, suggesting an overcast day or late afternoon. The text is overlaid in the center of the image.

Death is not the opposite of life,  
but a part of it.  
—Haruki Murakami



I'm not going to  
continue knocking that  
old door that doesn't  
open for me. I'm going  
to create my own door  
and walk through that.

— Ava DuVernay





XOXOXO

NEVER GIVE UP

AVILLA

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No one would have crossed  
the ocean if he could have  
gotten off the ship in the  
storm.

-Charles Kettering



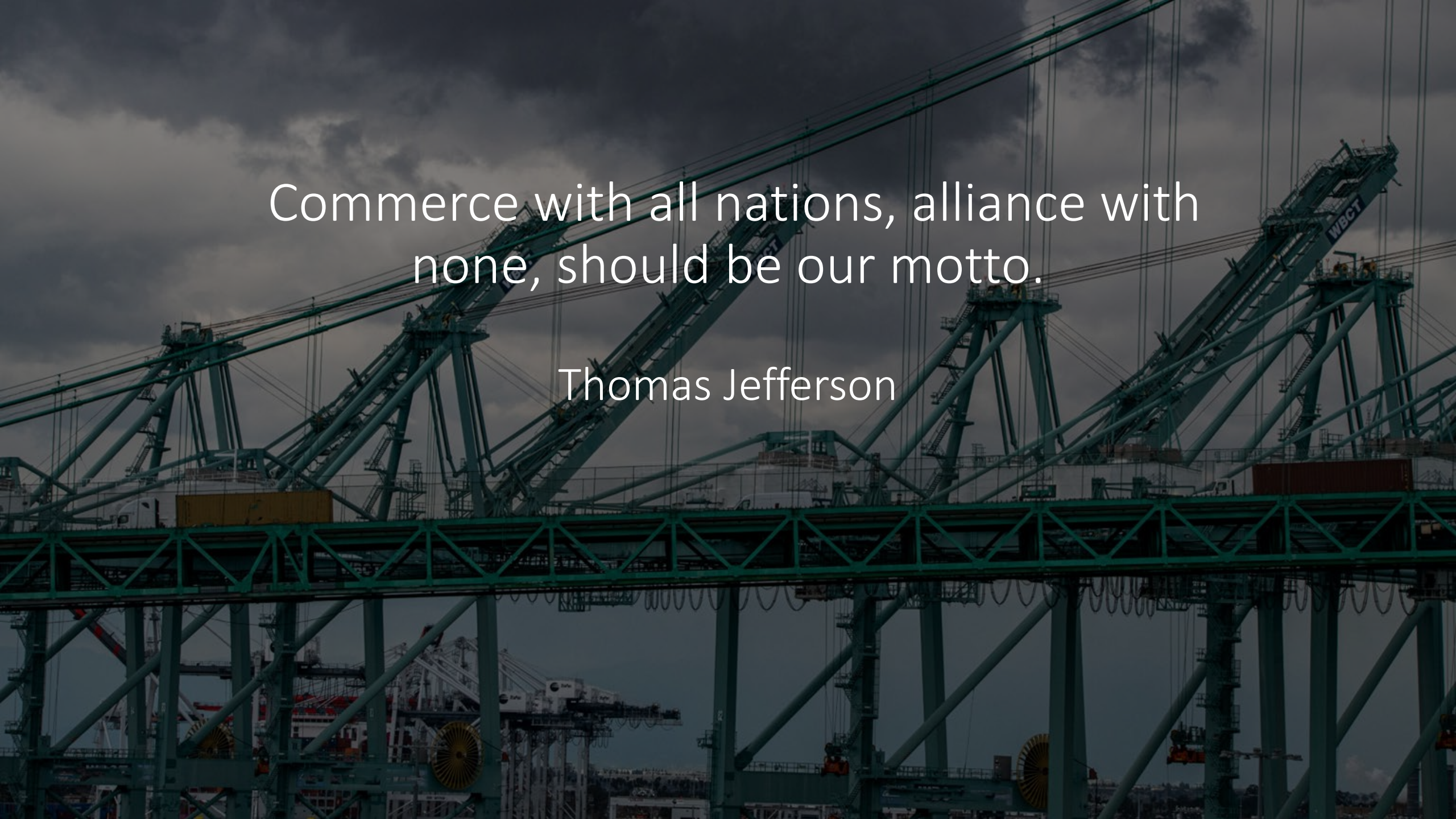
**BEAUTY ABIDES IN MOMENT**

**NOTHING EVER PLANNED**



If you're always racing to the next moment, what happens to the one you are in?

-Nanette Mathews



Commerce with all nations, alliance with  
none, should be our motto.

Thomas Jefferson

I'm curious. Period. I find everything interesting. Real life. Fake life. Objects. Flowers. Cats. But mostly people. If you keep your eyes open and your mind open, everything can be interesting.

-Agnes Varda



My advice for life:  
dance and sing your  
song while the party is  
still on.

— Rasheed Ogunlaru



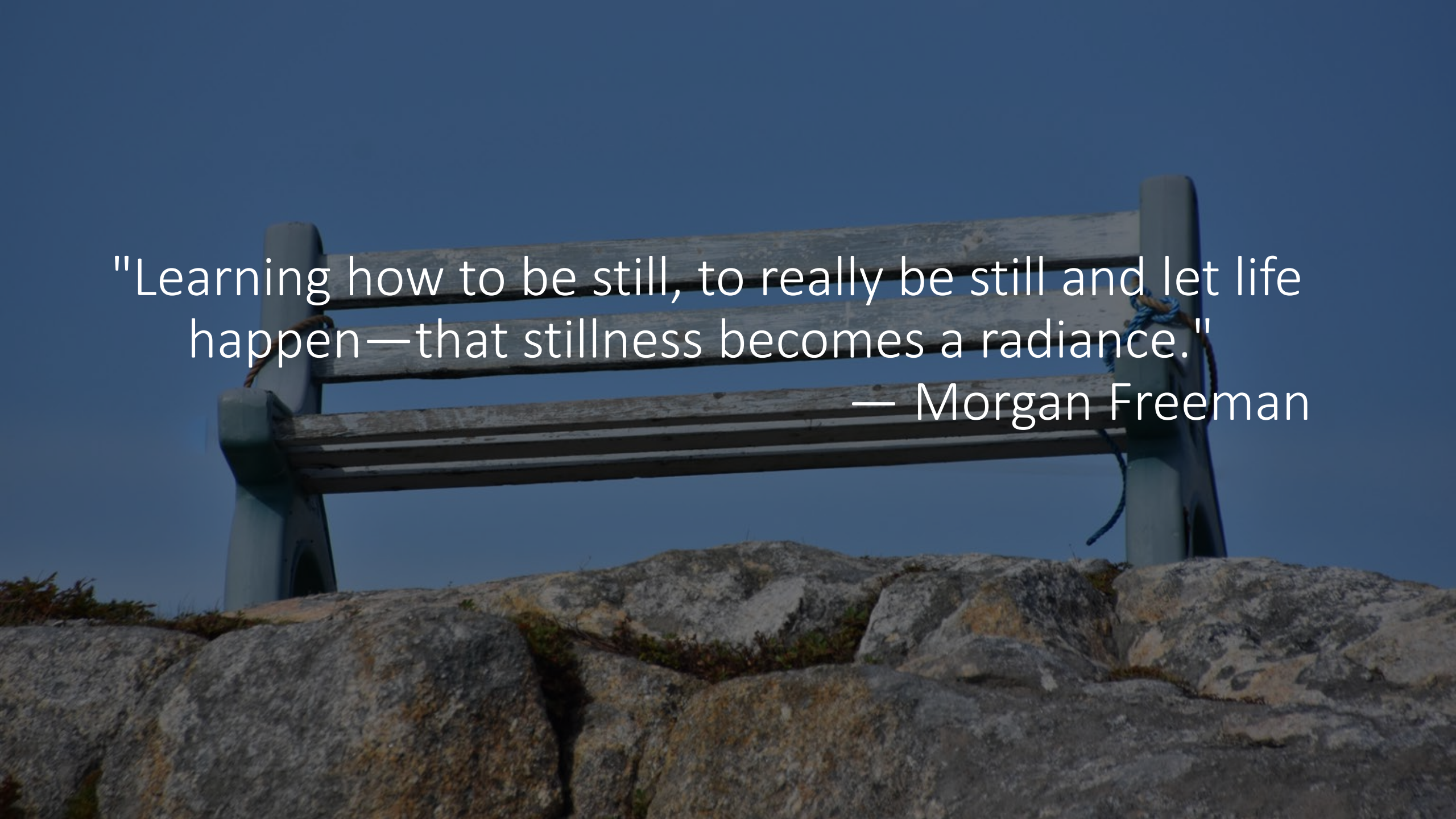




*Squeeze the juice out of every minute. Don't take life for granted and make the most out of everything you do. Life is what is happening right now, not in the future.*

-Allison Maslan

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A wooden fence with three horizontal rails and two vertical posts stands on a rocky, grey hillside. The sky is a clear, deep blue. The fence is made of weathered wood. A blue rope is tied to the right post. The foreground shows large, grey rocks with some small green plants growing between them.

"Learning how to be still, to really be still and let life happen—that stillness becomes a radiance."  
— Morgan Freeman



Life is either a daring adventure or nothing.

Helen Keller

I believe the ABCs of life are **A**dversity, **B**lunders and **C**haos. Everything great, everything worthwhile, everything which matters, is birthed from adversity, blunders and chaos.

It isn't always easy to move through adversity, blunders or chaos. I have found that **W**ords **O**f **W**isdom, "WOWs", can help us keep our perspective while navigating through situations that feel less than perfect.

I am a resolute believer in a daily dose of Wow's contribute to our ability to deal with the ABCs of life.

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