



Improving Spiritual Wellness

Spiritual Wellness can be improved by focusing on positive and uplifting quotes.

This activity allows you to share your favorite positive quotes with others and discover new quotes to uplift you when you need it most. The goal of this activity is to build a place where students can take a quote, and leave a quote in return. Students will take a quote that they like/need to hear that day and replace it with one of their favorite quotes for someone else to take.

Places where you can display the quotes:

On a Bulletin Board
In a Jar
On the Fridge
In a Drawer
On a Cabinet
ANYWHERE!

Quotes You Can Start Your Collection With:

Do good and good will come to you.

If there's a will, there's a way.

Look for something positive in each day, even if some days you have to look a little harder.

Keep your face to the sunshine and you cannot see the shadow.

Accept what it is, let go of what it was, and have faith in what will be.

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