

# Thought for the Week

Week beginning Monday 31<sup>ST</sup> October 2022

**“The brain is a muscle that can move the world.”**

***Stephen King***

Week beginning Monday 7<sup>th</sup> November 2022

**“The more you praise and celebrate your life, the more there is in life to celebrate.”**

***Oprah Winfrey***

Week beginning Monday 14<sup>th</sup> November 2022

**“People who love themselves, don’t hurt other people. The more we hate ourselves, the more we want others to suffer.”**

***Dan Pearce***

Week beginning Monday 21<sup>st</sup> November 2022

**“I can't think of any better representation of beauty than someone who is unafraid to be herself.”**

***Emma Stone***

Week beginning Monday 28<sup>th</sup> November 2022

**“It is better to light one small candle than to curse the darkness.”**

***Eleanor Roosevelt***

Week beginning Monday 5<sup>th</sup> December 2022

**'Freedom from fear' could be said to sum up the whole philosophy of human rights.**

***Dag Hammarskjold***

Week beginning Monday 12<sup>th</sup> December 2022

**"Life is like riding a bicycle. To keep your balance, you must keep moving."**

***Albert Einstein***